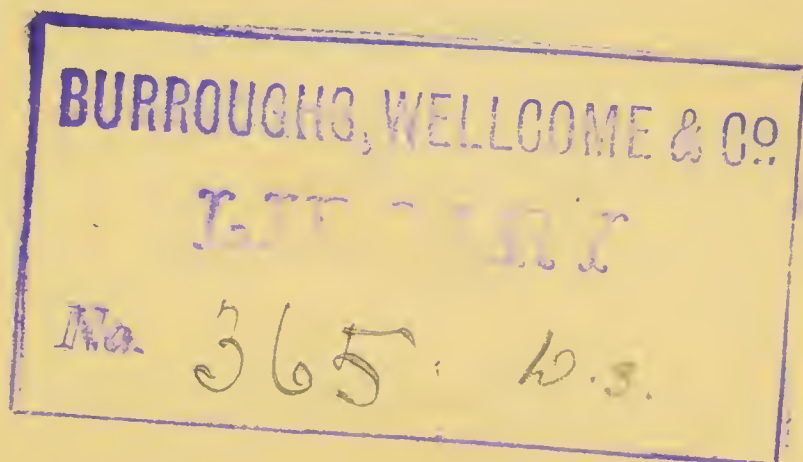



MEDICAL HINTS
FOR
THE DISTRICTS.



22102271180

Med
K29601





Digitized by the Internet Archive
in 2016

<https://archive.org/details/b28092454>

MEDICAL HINTS
FOR THE DISTRICTS,
AND
COMPANION TO THE DISTRICT MEDICINE CHEST,
ARRANGED FOR
GOVERNMENT OFFICIALS, THEIR FAMILIES,
AND CAMP FOLLOWERS,
AND
FOR ALL WHO ARE CUT OFF FROM ORAL
MEDICAL ADVICE.

BY
GEORGE YEATES HUNTER,
SURGEON, BOMBAY ARMY.

SECOND EDITION.

BOMBAY : THACKER, VINING & Co.
CALCUTTA : THACKER, SPINK & Co.

1872.

All rights reserved.

BOMBAY :

PRINTED AT THE EDUCATION SOCIETY'S PRESS, BYCULLA.

31799 932

WELLCOME INSTITUTE LIBRARY	
Coll.	weIMOmec
Call.	
No.	WJ B

PREFACE TO THE SECOND EDITION.

In consequence of the rapid sale of the First Edition of "Medical Hints," a second is called for, and is now issued.

The book has been carefully revised, and several hints given by the Press and others are included in this new edition.

GEORGE YEATES HUNTER.

Bombay, December 1872.

10416

DUTROUCHES, WELLCOME & CO.

LONDON

No.

PREFACE.

THESE hints are intended for the use of those who by a residence in the Districts are, for several months in the year, out of the reach of Medical and Surgical aid; to such it is hoped they will be of service by enabling them to act in time of need both for themselves and for all who are placed under their protection.

A Medicine Chest containing the drugs which are recommended as essential, and styled the DISTRICT MEDICINE CHEST, can be procured from Messrs. D. S. KEMP & Co., Bombay, arranged with due regard to utility and cheapness, in which all proceeding into the Districts are strongly advised to invest.

This box is fitted up with studied simplicity, the quantities marked on the weights and measures being shown by English words instead of the hieroglyphics hitherto used.

A few of the more valuable drugs which can be obtained in most Native Bazaars are described, as well as those which are included in the Medicine Chest.

The chief symptoms only of the most prevalent diseases are noted, together with the simplest treat-

ment of them, and as no technical terms are employed, readers will not be puzzled to understand either the description or the directions given.

It is believed that sufficient information is furnished for the correct treatment of accidents, should occasion unfortunately arise.

The few observations on the preservation of health will repay perusal.

To facilitate reference the different subjects are alphabetically arranged, and with the same object a copious index is given at the end of the work.

The Author will gladly accept hints from his own profession and others to render future editions still more useful.

Bombay, August 1872.

OPINIONS OF THE PRESS, &c.

“ We have looked through the book, and have much admired its arrangement, and also its freedom from technicalities, and can well recommend it to all who have occasion to travel out of reach of the doctor.”—*Bombay Gazette*.

“ The book will, we are sure, be of great service, not only to those for whom it has been specially written, but to many others who dislike to trouble a doctor to prescribe for ailments easily cured, if one only knew how.”—*Madras Athenæum*.

“ Contains much valuable matter in a small compass. Any one may safely follow the instructions given.”—*Bangalore Spectator*.

“ The book of ‘ Medical Hints’ and the box of medicines are always sure to be useful, and are deserving the attention of those who are obliged to be absent in the districts for several months at a time.”—*Times of India*.

“ With ‘ Medical Hints’ in his hand, and a well-stocked medicine chest at his command, no ordinarily intelligent traveller or sojourner up-country need be at a loss for means wherewith to combat sickness.”—*Madras Mail*.

“ We recommend this book to the attention of all those to aid whom it has been compiled.”—*Delhi Gazette*.

“ Supplies a long-felt want ; handy in size and well arranged, the treatment of all ordinary diseases is brought within the scope of the non-professional, when medical aid cannot be obtained. The observations on the preservation of health and avoidance of disease are particularly worthy of notice.”—*Pioneer*.

“ To those who are for months in every year where they may call the doctor, but call in vain, ‘ Medical Hints’ will be found extremely useful.”—*Jabalpur Chronicle*.

“ Whether as regards simplicity in the modes of treatment recommended, or perspicuity in the directions given, this is one of the best works of its kind we have seen. The ‘ hints’ regarding the prevention of disease are all good.”—*Englishman*.

“ The symptoms of the respective diseases and the directions for treatment are given in the most simple yet lucid language, all technicalities being strictly avoided.”—*Indian Daily News*.

“ As it contains much valuable information, requests that sanction may be given to supply a copy to each of the Collectors and their Assistants.”—*Extract from a letter of the Revenue and Police Commissioner, N. D.*

“ Recommends that the proposal of the Revenue Commissioner be sanctioned.”—*Memo. from the Inspector General, Medical Department.*

INTRODUCTION.

Before enumerating and describing the drugs which will be required for the Medicine Chest, the following hints on measurement are given, which should be studied, in order that the doses advised may be understood :

Measurement.

Common terms for the measurement of solids, with their relative value :—

Twenty grains = one scruple ... Represented on the weight by the words *one scruple*, as well as by the old hieroglyphic ȝi.

Three scruples or sixty grains = one drachm. Represented by the words *one drachm*, as well as by the old hieroglyphic ʒi.

Eight drachms = one ounce ... Represented by the words *one ounce*, as well as by the old hieroglyphic ʒi.

For Fluid Measurement.

Sixty minims = one drachm. It should be remembered that drops do not necessarily equal minims, as fluids vary in density, *e.g.* oil and water.

Eight drachms = one ounce.

Twenty ounces = one pint.

In the rough measurement of Fluids

1 tea-spoonful	= one drachm.	} Usually a little more.
1 dessert-spoonful	= two drachms.	
1 table-spoonful	= four drachms or half an ounce.	
1 wine-glassful	= about one ounce and a half.	

In addition to a pair of scales with weights and two graduated glass measures (for minims and drachms), a small glass pestle and mortar, lint, Diachylon and court plasters, bandages, cotton wool, a palette knife, an enema syringe, a glass syringe, a slab, three lancets (gum, abscess, and bleeding), forceps, scissors, caustic-holder, and needles and thread, will be found useful adjuncts to the Medicine Chest.

Doses.

The maximum dose is the full dose for an adult, the minimum the dose for a child one year old.

In general terms—two-thirds the full or adult dose may be given at about eighteen years of age, half at fifteen, a third at nine, a quarter at five, a sixth at three, an eighth at two, a tenth at one year, and one-twentieth at six months and under.

The following articles, although described in the list of medicines, should not be taken in the Medicine Chest, but among the stores :—

Castor Oil, Turpentine, Carbolic Acid, Aqua Regia, Oil of Vitriol, Cream of Tartar, Epsom Salts, Seidlitz Powder, Glycerine, Essences of Ginger and Pepper-

mint, and Essence of Aniseed, and Lime-water when there are children.

Dietetic articles and medical comforts, such as Cornflour, Arrowroot, Pearl Barley, Isinglass, Liebig's extract of meat and of milk (if there are children), port wine, and brandy should also be carried.

The following can be obtained in most Native Bazaars :—

English Name.	Native Name.
Alum.	Phutkari.
Borax.	Sohaga.
Camphor.	Kapoor.
Castor oil.	Arendi ka tel.
Catechu.	Kath.
Chiretta.	Kreat.
Copper (Blue Vitriol).	Morchut.
Cubebs.	Cubab Chinee.
Galls.	Majoophul.
Ginger.	Soonth.
Grass oil.	Rosa ka tel.
Gum.	Gond.
Liquorice.	Gunch.
Nitre.	Sora.
Pomegranate.	Anar.
Poppy heads.	Posth.
Sal-ammoniac.	Nawsagar.
Senna.	Suna Mukhi.
Sulphur.	Gundhuck.
Tamarind.	Amlec.

CHAPTER I.

MEDICINES RECOMMENDED AS ESSENTIAL.

Name.	Action.	Dose.
<p>Alum (Bazaar name Phut-kari), may be procured from Native Bazaar.</p>	<p>Astringent. Useful in bleeding and diarrhoea.</p> <p>Forms a good lotion to apply to boils and inflamed parts, and to use as a wash for the eyes, mouth, and sore nipples.</p> <p>Used as a gargle for sore throat and for relaxed uvula and tonsils, and as an injection in whites.</p> <p>A pinch of powdered alum applied will often stop bleeding.</p> <p>A few grains of alum will clear a gallon of turbid water.</p>	<p>For adult five to fifteen grains boiled in milk.</p> <p>One drachm to a pint of water.</p> <p>Two drachms to a pint of water.</p>
<p>Ammonia. ...</p>	<p>Stimulant and antacid, used both internally and externally in snake-bites, in bites of rabid animals, and in stings of scorpions and poisonous insects.</p>	<p>Ten to twenty minims for adult, well diluted with water.</p>

Name.	Action.	Dose.
<i>Ammonia, cont.</i>	<p>Added to opodeldoc it forms a good stimulating liniment for neuralgic pains.—With olive oil it makes the well known “hartshorn and oil,” which is an excellent application on flannel for inflammatory sore throat. Ammonia quickly blisters the skin, so may be applied on lint for that purpose.</p>	<p>Ammonia half an ounce, opodeldoc four ounces. Ammonia half an ounce, olive oil six ounces.</p>
<p>Aniseed, Es- sence of (among Stores).</p>	<p>An aromatic stimulant, useful in wind and colicky pain in the stomach, especially in infants, also in the diarrhoea of young children.</p>	<p>For adult ten to twenty minims on sugar. For infant one to three drops.</p>
<p>Antimonial, or James’ Powder.</p>	<p>Expectorant, and acts on the skin; useful in fevers, particularly in their early stages; should be given at bed-time to promote perspiration; may be combined with Dover’s powder to cut short a cold.</p>	<p>For adult three to six grains. Antimonial powder three grains, Dover’s powder seven grains, mix and take in thin con-jee at bed-time, and if</p>

Name.	Action.	Dose.
Antimonial Powder— <i>cont.</i>		the bowels are confined calomel four grains can be added, and some Seidlitz powder taken in the morning.
Antimonial Wine (can be prepared).	A lowering emetic. Antimonial wine, prepared by dissolving two grains of tartar emetic in a few drops of hot water and mixing the solution with one ounce of sherry, forms an excellent remedy for children, more especially in croup, whooping cough, and chest attacks, but it should be used with caution.	As an emetic for children twenty to forty minims every quarter of an hour until vomiting occurs.
Aqua Regia, diluted (among Stores), properly prepared for use.	Tonic, astringent, cooling; should not be kept in a Medicine Chest, but is a valuable medicine in the tropics, so should be included among general stores, and kept in a dark place. It is useful in chronic liver disorders, combined with kreat, and in	As an expectorant two to five drops. For adult ten to fifteen minims well diluted; for child one to two drops.

Name.	Action.	Dose.
Aqua Regia— <i>continued.</i>	<p>indigestion and general nervous debility ; and is a good tonic and stomachic. Externally it is used over the liver on the right side along the margin of the ribs ; a hot flannel, about eight inches wide, may be soaked in the lotion, wrung out, passed round the body, covered with oiled silk, and worn constantly.</p> <p>A foot-bath of the same acid is strongly advised for liver diseases ; the feet and legs should be immersed for a quarter of an hour at bed-time, and the rest of the body sponged with the fluid.</p> <p>A wooden tub should be used, and the fluid will last a week, if half an ounce of acid and a pint of water be added daily ; if no pricking or itching of the skin occur add more acid. While in the bath a blanket should be worn round the body.</p>	<p>Lotion three drachms to a pint of water.</p> <p>Bath, two ounces to a gallon of warm water.</p>

Name.	Action.	Dose.
Blistering Fluid.	<p>Sometimes useful in inflammation of the brain, when it can be applied with a small brush to the back of the neck ; and in ear-ache, behind the ear ; and in inflammation of the eyes, on the temples.</p> <p>In croup and chronic inflammation of the chest, and to rouse an apoplectic patient, it is occasionally required, and should be placed as near the seat of mischief as possible. In chronic swelling of joints it sometimes does good ; a blister takes about seven hours to draw in adults, but only two or three in children : a soft warm milk and water poultice is a good dressing, or a plantain leaf smeared with oil. Before applying the fluid, sponge the skin of the part with warm vinegar and water.</p> <p>Should a blister not form in the usual time, poultice, and re-apply.</p>	

Name.	Action.	Dose.
Borax (Bazaar name Sohaga) may be procured from Bazaar.	Astringent, and slightly alkaline; a very useful application in thrush, mixed with honey or glycerine; useful also in scurf; and may be given with sugar as a powder twice a day for the same diseases. To relieve prickly heat add two handfuls of borax to the bath.	Borax one drachm, honey one ounce. Two to three grains for a child one year old.
Calomel	Purgative and alterative, by which term is described a remedy which in small doses gently and gradually alters an impaired for a good state of health by improving the secretions, particularly the bile. Calomel is occasionally called for in acute inflammation, but requires caution, as it may set up salivation, and although often recommended in this work, it is mainly as a drug to prepare the way for other treatment by putting the secretions in order. It is given in fevers of infants, and in croup, and in	One to seven grains as purgative. As alterative, for adult one to two grains.

Name.	Action.	Dose.
Calomel— <i>cont.</i>	<p>brain and chest attacks, also in worms, and to stimulate the liver when torpid, for which last purpose it is used in the apèrient pill. Combined with antimonial powder it is useful in fevers of adults previous to commencing a course of quinine,—as it is quite tasteless it can readily be given to children mixed with sugar, and is most useful when they have head symptoms.</p>	<p>Three grains of each.</p> <p>One third to half a grain.</p>
Camphor, Essence of.	<p>Stimulant, antispasmodic, useful in nervous diseases and spasms, it calms irritability and induces sleep, relieves sick headache and dry skin, and is beneficial in colds. Combined with chloroform it is used in sickness of stomach. Externally applied with friction it relieves rheumatic pains, and is useful in sore throat.—It is an excellent addition to embrocations for bruises, and makes a good wash for the</p>	<p>Three to six drops in sugar.</p>

Name.	Action.	Dose.
Camphor, Es- sence of— <i>cont.</i>	mouth when the gums are spongy.—Camphor julep is a solution in which chloric ether and sal-volatile may be given. Camphor (Kapoer) can be obtained from the bazaar; it may be given in cholera with chloric ether, and in exhausting illness occurring in the old and feeble, dissolved in milk, as it is not soluble in water. The fumes of heated camphor are usefully inhaled in some cases of asthma.	Essence of camphor one drachm to a pint of water forms camphor julep, of which half a wineglassful can be given. Ten to fifteen grains. Five grains.
Carbolic Acid (among Stores).	Disinfectant, and forms a good application to ulcers. It is described more fully in 4th Chapter. Used also as a caustic in warts, &c.	Acid one drachm, water six ounces. Acid one part, sweet oil nine parts. Acid half a drachm, water twelve ounces, make a gargle useful for ulcerated sore throat and for foetid breath.
Castor Oil (among Stores) Bazaar name Aren- di ka tel; is	Good aperient, when fresh it operates without much griping; useful in colic, worms, and particularly adapted for children and	

Name.	Action.	Dose.
procurable from some Bazaars.	for the pregnant. For adults a few drops of laudanum may be added. It can be given with yolk of egg and a drop or two of peppermint, or it may be floated on bitters, the edge of the glass being smeared with lime juice. It forms a good enema with tepid water.	A drachm to one ounce.
Catechu (Bazaar name Kath), procurable from Bazaar.	An excellent astringent in diarrhoea of long standing.	Ten grains to half a drachm, for adult, in sugar or honey.
Caustic (Nitrate of Silver).	Should be cut to a fine point and kept in a holder. Useful in ophthalmia, in sore nipples, as an application to ulcers, and in some cases of sore throat. Should a piece be accidentally swallowed a teaspoonful of table salt dissolved in water is the antidote.	One to two grains to one ounce of rain water.
Chalk, aromatic powder, with opium.	Aromatic, astringent, antacid and sedative, an excellent remedy for diarrhoea, more especially when depending upon acidity; a drop or two of essence of peppermint or aniseed can be added to	One to twenty grains mixed with water.

Name.	Action.	Dose.
Chiretta (Bazaar name Kreat). Can be procured from Bazaar.	<p>the draught, and a few drops of sal-volatile.</p> <p>Tonic, excellent for weak digestion and in torpid liver, and for general debility.</p> <p>Very useful for children who do not take their food properly.</p>	<p>Boil half an ounce of the cut dried herb in one pint of water for twenty minutes, and take a wine-glassful twice daily, in the morning and afternoon (half an hour before meals); one teaspoonful for children.</p>
Chlorodyne ...	<p>Antispasmodic, astringent, stomachic, anodyne, and acts on the skin, useful in diarrhoea and colicky pains. Although not included in the Pharmacopœia, chlorodyne is recommended as a good remedy in disorder of the bowels, and in nervous headache, still it certainly is not the panacea it is advertised to be.</p>	<p>For adult fifteen to thirty minims in water; better not give it to children.</p>
Chloroform ...	<p>Sedative and antispasmodic; it requires to be used with great care and should only be inhaled for the purpose of relieving excessive pain, as in</p>	

Name.	Action.	Dose.
<p>Chloroform— <i>cont.</i></p>	<p>bad labours and severe accidents. Half a drachm may be measured out, poured into a hollowed handkerchief and applied to the mouth and nostrils but not too closely at first (about two inches off), and the patient should be told to breathe deeply. Fresh chloroform can be poured out when the first dose loses its strength, and the bottle should always be well stoppered and exposed to the light as little as possible. A few drops will sometimes relieve vomiting.</p> <p>It is useful in asthma, and has appeared to do good in cholera. It is added to liniments in cases of rheumatism and neuralgia, and applied to the skin on lint, pressed under a watch-glass, first reddens and occasionally blisters, relieving nervous pains. In dislocations and rupture the inhalation of chloroform is often useful by relaxing</p>	<p>Five to ten minims on sugar.</p> <p>Ten to fifteen minims in a little gum water.</p> <p>Chloroform one or two drachms, oil or opodeldoc one ounce.</p>

Name.	Action.	Dose.
Chloroform— <i>cont.</i>	parts and allowing a dislocated bone or rupture to return. It may be combined with camphor to soothe the pain of toothache, and a few drops make a good addition to a draught of sal-volatile.	
Chloroform, Spirit of, or Chloric Ether (can be prepared).	Antispasmodic and anodyne in nervous diseases. a nervine tonic and sedative. The following is a good combination for nervous debility and impaired digestion occurring in the tropics : Tincture of iron ten minims, chloric ether thirty minims, mix in a half-wineglassful of water and take twice daily. One tea-spoonful of chloric ether in a glass of sherry often checks nausea and does good in hysteria and in obstinate hiccup and heart-burn.	Prepare by mixing chloroform one drachm with spirit (Brandy or Whiskey) one ounce and a half. Adult, thirty minims to one drachm ; children, three to five drops.
Copper, Blue Vitriol (Bazaar name Mor- chut). Can be procured from Bazaar.	Emetic, astringent, caustic.—Useful application to ulcers, sore eyes, &c.—In solid state acts as caustic. If there be no zinc (white vitriol) at	One to two grains to one ounce of water.

Name.	Action.	Dose.
Cream of Tartar (among Stores).	<p>hand, copper can be used as an emetic in case of poisoning.</p> <p>Slightly aperient, cooling, and acts on the kidneys. Mixed with sulphur is very useful in piles and skin diseases; Sulphur three drachms, cream of tartar one drachm, mixed with honey or syrup. A quarter part for a dose twice a day.</p> <p>Cream of tartar also forms the well known sickroom drink "Imperial." Cream of tartar half an ounce, boiling water one quart, sweeten and flavour with the peel and juice of limes, mix, strain, and set aside to cool. This is an excellent beverage in fever; and when there is great debility milk can be used instead of water, and the whey drank.</p>	<p>Ten to fifteen grains.</p> <p>Adult half to one drachm; child three to six grains.</p>
Cubebbs (Bazaar name Cubab Chinec.) Can be obtained from Bazaar.	Stimulant, acts on the kidneys, and is useful in piles and discharge from the urethra. The berries should be used fresh and powdered.	One scruple to two drachms three times a day in milk or water.

Name.	Action.	Dose.
Dover's Powder.	<p>Anodyne, expectorant, and acts on the skin ; a valuable medicine in dysentery and diarrhoea, useful also in rheumatism and to cut short a cold.</p> <p>In malarious seasons when the bowels are disturbed and there is general feverishness, a combination of Dover's powder with quinine is very useful. Persons should not drink for some little time after taking Dover's powder, or vomiting may occur. Ten grains of Dover's powder contain one grain of opium.</p>	<p>Half a grain to ten grains.</p> <p>Dover's powder eight grains, quinine two grains, daily for adult.</p>
Epsom Salts (among Stores).	<p>Saline aperient. Useful in fevers, and may be given with the first few doses of quinine in treating such cases. Bilious persons who have a bitter taste in the mouth on waking, and who feel sick at stomach, will find relief by taking a teaspoonful of salts in water early in the morning for a few times, and may thus escape an</p>	<p>Adult one drachm to half an ounce, child five grains well diluted.</p> <p>The following is a good saline aperient in the fevers of children a year old: Nitre one scruple, salts one drachm, a drop or two of lime juice, water one ounce and a half ; one tea-</p>

Name.	Action.	Dose.
<p>Galls (Bazaar name Majoo-phal).</p>	<p>attack of fever ; a cup of tea can be drunk soon after, and the dose can be flavoured with peppermint or a few drops of dilute sulphuric acid to make it less nauseous.</p> <p>Astringent. For lotion or gargle.</p> <p>For diarrhoea and bleeding.</p> <p>May be used in piles, and as an injection in whites.</p> <p>Acts much the same as borax, and can be used instead.</p>	<p>spoonful three times a day.</p> <p>Two drachms to water one pint.</p> <p>Five to fifteen grains dissolved in hot water twice a day.</p> <p>Gall powder one drachm, honey one ounce.</p> <p>One drachm dissolved in half a pint of hot water, and applied cold.</p>
<p>Ginger, essence of (among Stores).</p>	<p>Stomachic ; useful in flatulence and colicky pain.</p> <p>Beneficial, when the tone of the stomach is impaired from tropical residence, to stimulate digestion.</p>	<p>For adult ten to thirty minims in water. sweetened.</p>
<p>(Bazaar name Adruck).</p> <p>(Bazaar name Soonth).</p>	<p>Fresh ginger can be procured from bazaar and used to prepare ginger tea, which does good in indigestion ; dry ginger can also be got to make gin-</p>	<p>One ounce and a half to one pint of hot water, to which lemon grass can be added.</p>

Name.	Action.	Dose.
Glycerine (among Stores).	<p>ger beer, a wholesome drink.</p> <p>Is a good application for sore nipples, and irritation of the skin, which it keeps moist. It is used in cases of deafness on cotton wool ; also to hair when it falls, mixed with sal-volatile.</p> <p>For slight scalds and excoriations, glycerine may be mixed with gum and limewater, and applied.</p> <p>May be added to opodeldoc or olive oil, and used in bruises, mixed with the same quantity of chloroform ; also in rheumatic pains and stiff joints. Before applying mustard the skin should be smeared with glycerine.</p>	<p>Borax one drachm, gly- cerine one ounce, water one pint, to make a lotion.</p> <p>Sal-volatile six drachms, gly- cerine half an ounce, water half a pint, as hair wash.</p> <p>Gum half an ounce, gly- cerine one ounce, lime wa- ter two ounces.</p> <p>Half an ounce of each.</p>
Grass Oil (Bazaar name Rosa ka tel).	<p>Useful in rheumatism; may be mixed with opodeldoc and laudanum, and rubbed well into the painful parts in dengue.</p>	

Name.	Action.	Dose.
Gregory's Powder—	<p>Aperient, antacid, stomachic ; a very useful medicine in disorders of children, forming a good alterative for them in eruptions during teething, in thrush, and also when the motions are unhealthy-looking. When there is griping pain in the stomach of infants, a drop of aniseed or peppermint and half a drop of laudanum may be added to a draught of Gregory's powder, or a drop or two of chloric ether. It is also useful in costiveness of adults, accompanied by wind, heart-burn, and other symptoms of indigestion, since, after its aperient action has passed off, it is slightly tonic and astringent ; in such cases ten minims of sal-volatile may be added, and in some forms of diarrhoea it does good. It acts upon the milk of nurses, and therefore it can be given to them when in-</p>	<p>For a child a year old, three to five grains in honey.</p> <p>Adult one scruple to one drachm, with sal-volatile five to fifteen minims.</p>

Name.	Action.	Dose.
Gum (Bazaar name Gond).	<p>Infants require purging, and it can be combined with calomel for worms in children.</p> <p>Useful to dissolve in the mouth for cough, also in irritable bladder, and in the wasting of children.</p>	
Ipecacuanha Wine.	<p>Emetic, expectorant, and acts on the skin. It is slow in its action as an emetic, therefore in an emergency, like a case of poisoning, either white or blue vitriol is to be preferred.</p> <p>Ipecacuanha wine is very useful in chest attacks of children, when it may be combined with antimonial wine; it is a good emetic at the commencement of fevers. The following forms a useful cough mixture for an adult:—</p> <p>Paregoric...thirty minims. Nitrefifteen grains. Ipecacuanha wineten minims. Camphor water, one ounce. To be taken when cough is troublesome.</p>	<p>One ounce of gum to a pint of barley water; one wineglassful for a dose.</p> <p>For adult, eight to twenty minims to act on the skin, and as an expectorant.</p> <p>Three to six minims.</p> <p>Twenty minims to one tea-spoonful.</p>

Name.	Action.	Dose.
Iron, Tincture of (Perechloride).	Astringent, tonic, and it acts on the kidneys. It is a good remedy for indigestion and nervous debility of the tropics. Ten minims of tincture of iron and fifteen to thirty minims of chloric ether twice a day in one ounce of water, form a good draught in such cases. In retention of urine it may be given every quarter of an hour for half a dozen doses. In irritable bladder occurring in women it is useful, and in whites and bleeding it makes a good astringent lotion.	Ten to fifteen minims. For child one or two drops.
Laudanum. ...	Narcotic, and useful to allay pain and soothe nervous irritability. Forms a good night draught in half a wine-glassful of peppermint water. A few drops may be given in an effervescent draught to stay violent vomiting, and it can be mixed with oil and rubbed over the stomach with the same object.	Lotion thirty minims to water two ounces. Fifteen to twenty-five minims. Adult ten minims; better not give it to child.

Name.	Action.	Dose.
<p>Laudanum <i>continued.</i>—</p>	<p>A drop or two may be put into the ear on cotton wool to relieve ear-ache ; and in a tooth, if hollow, to ease pain. Mixed with opodeldoc it soothes the pain of bruises, and may be tried in neuralgia.</p> <p>In diarrhoea and colic it is much used, also in rheumatism, small-pox, cough, the early stage of ague, and to cut short a cold.</p> <p>In weak eyes it forms a good lotion to relieve their aching.</p>	<p>Laudanum one drachm, opodeldoc half an ounce.</p> <p>Laudanum five minims, chalk powder half a drachm, water one and a half ounce, for diarrhoea.</p> <p>Ten minims to one ounce of water.</p>
<p>Lime Water, Saccharated (among Stores).</p>	<p>Antacid ; useful in indigestion due to acidity, especially if vomiting occur ; also in rheumatism, but its principal use is as an addition to the milk given to infants if it cause diarrhoea or sickness ; it should not however be continued long ; mixed with oil it is applied in burns.</p>	<p>For adult one drachm in congee, milk, or broth.</p> <p>Child ten to fifteen minims to each draught of milk.</p>
<p>Liquorice (Bazaar name Gunch). Can</p>	<p>Useful in coughs and relieves hoarseness ; it should be allowed to dis-</p>	<p>The root boiled with linseed makes a good</p>

Name.	Action.	Dose.
<p>be procured from Bazaar.</p> <p>Nitre or Salt-petre. Can be procured from Bazaar and purified by dissolving it in hot water, straining and setting aside the solution to crystallize. (Bazaar name Sora.)</p>	<p>solve slowly in the mouth to allay the tickling sensation which sometimes occurs in cough.</p> <p>Saline, cooling, and acts on the kidneys and skin; it may be combined with spirit of nitre and antimonial wine in inflammation to form a cooling saline draught for adults, to which Epsom salts one drachm may be added if an aperient effect be wanted; it may be taken with fresh lime-juice and sugar in fever as a cooling drink; nitre with vinegar and water makes a good mixture also in fever, and the same combination will do as a gargle for ulcerated sore throat, when honey two ounces may be added.</p> <p>Nitre mixed with sal-ammoniac (Nawsagar</p>	<p>expectorant drink.</p> <p>For adult ten grains to half a drachm, child one to three grains.</p> <p>Nitre fifteen grains, spirit of nitre thirty minims, antimonial wine twenty minims, camphor julep one and a half ounce, every four hours.</p> <p>Nitre two drachms, juice of two limes, water one and a half pint.</p> <p>Nitre one drachm, vinegar half an ounce, water half a pint; one quarter part every fourth hour.</p> <p>Nitre, Sal-ammoniac,</p>

Name.	Action.	Dose.
Nitre, Sweet Spirit of.	<p>procurable in Bazaar) and common salt forms a very useful freezing mixture, which may be of great service in inflammation of the brain, in sunstroke, cholera, &c.</p> <p>Same action as above. Is useful in catarrh, and is a good addition to cough mixtures when the skin is dry.</p>	<p>common salt, of each six ounces to a pint of cold water.</p> <p>Adult twenty minims to one drachm, child two to five drops.</p>
Opodeldoc ...	<p>May be largely diluted with cold water and drunk during the hot stage of fevers; the same drink also does good in gravel.</p> <p>Acts as a stimulating liniment, and is a good application to bruises, and in rheumatic and other pains; laudanum and camphor can be added to it to relieve colicky pain.</p> <p>Useful in sprains, after fomenting with warm water. Olive oil or turpentine with brandy also forms a good liniment.</p> <p>Ammonia is added to opodeldoc when it is wished to increase its stimulating action.</p>	<p>Sweet nitre half an ounce, water one quart.</p> <p>Opodeldoc half an ounce, laudanum one drachm (mix).</p> <p>Oil half an ounce, brandy one drachm (mix).</p> <p>Opodeldoc one ounce, ammonia one drachm (mix).</p>

Name.	Action.	Dose.
Paregoric. ...	<p>Anodyne, extremely useful in coughs, given on a little sugar.</p> <p>In hooping cough it may be combined with nitre and ipecacuanha wine or antimonial wine if there be much feverishness and given every four hours. Paregoric is useful in asthma and bronchitis occurring in elderly persons, and to allay tickling of the throat in cases of consumption.</p>	<p>Adult thirty minims to one draehm, child three to five minims.</p> <p>Paregoric one draehm, nitre one seruple, ipecacuanha wine thirty minims, gum water two ounces, one tea-spoonful for a dose.</p>
Peppermint, Essence of (among Stores).	<p>Stomachic, aromatic, and antispasmodic ; useful in wind and colicky pains, to stimulate and warm the stomach ; relieves sickness of stomach and heartburn.</p>	<p>Two to thirty minims.</p> <p>To make peppermint water : shake together in a large bottle peppermint essence one drachm and a half, and water one pint ; dose one to three draehms.</p>
Pills, Alterative (Compound Rhubarb pill three grains, Blue pill two grains—mix).	<p>These pills are used to produce a gradual improvement by correcting disordered secretions ; they require as a rule to be given for some time, since the alteration in the con-</p>	<p>One pill at bed-time for a week, afterwards every second or third night.</p>

Name.	Action.	Dose.
<p>Pills, Antidysenteric. (Ipecacuanha grains two, Opium half a grain, Blue pillone grain, Extract of Gentian enough—mix.)</p>	<p>dition they bring about is effected very gently; they are particularly adapted to cases of torpid liver, indigestion, loss of appetite, and general nervous tone.</p> <p>A very valuable combination in dysentery. In very acute attacks when large doses of ipecacuanha are used, five or six pills can be taken daily. One of these pills three times daily, followed by a wine-glassful of decoction of dried Bael fruit (procurable in Native Bazaar), has cured many tedious cases of chronic dysentery.</p>	<p>One or two to be taken three times daily at the earliest approach of dysentery.</p>
<p>Pills, Aperient. (Colocynth and Henbane three grains, Calomel two grains, Podophyllin a quarter of a grain—mix.)</p>	<p>Useful in constipation; especially when the liver is inactive and there is headache and general languor.</p>	<p>One or two at bed-time followed by seidlitz or a senna draught in the morning.</p>
<p>Pills, Astringent. (Gallic acid four and a half grains, Opium half a grain—mix.)</p>	<p>Useful in bleeding from the stomach, bowels, womb, bladder, and in chronic dysentery and obstinate diarrhœa.</p>	<p>One for a dose, twice or thrice daily.</p>

Name.	Action.	Dose.
Pills, Cough. (Ipecacuanha half a grain, Extract of Hemlock half a grain, Extract of Henbane one grain, Morphia one-eighth of a grain, Compound Squill Pill two grains—mix.)	Good expectorant pill and soothing. Useful to soften a hard cough.	One pill when the cough is troublesome.
Pills Sleeping. (Opium one grain, Gum mucilage four grains; mix.)	Useful to soothe acute pain in inflammation of the womb, belly, &c.; also in gall stones, gravel, rheumatism, and in gunshot or other wounds.	One pill at bed-time. In bad injuries attended with severe pain, or in gravel or gall stones two can be taken.
Pills, Tonic (a). (Quinine two grains, Iron Sulphate of) one grain, Oil of Cloves one drop, Extract of Gentian enough to make two pills; mix.)	An excellent tonic pill, more especially in malarious districts and seasons, to keep off fever; also useful in impaired nervous tone when appetite fails and the general strength is below the mark.	One or two daily at mid-day.
Pills, Tonic (b). (Aloes and Iron.)	Aperient as well as tonic. Well adapted for the use of women who are delicate and suffer from disordered menstruation.	One at bed-time. <i>N.B.</i> —All the pills recommended are intended only for adults.
Pomegranate. (Bazaar name Anar.)	Astringent, useful in dysentery and tape-worm. For the latter boil two	

Name.	Action.	Dose.
<p>Poppy Heads (Bazaar name Posth). Can be procured from Bazaar.</p>	<p>ounces of the fresh bark of the tree in a pint and a half of water until only half remains, and give a large wine-glassful every three or four hours; vomiting may occur at first, but go on with it.</p> <p>The same quantity of the rind of the fruit may be boiled in milk, prepared in the same way, strained and given for dysentery.</p> <p>Boil three ounces of bruised poppyheads with one quart of water for twenty minutes to make a soothing application to foment painful parts with.</p>	<p>For adult one to ten grains, child one-fourth to half a grain, the dose varies according to the action required, large if given as antiperiodic.</p>
<p>Quinine. Rubbed down in mortar before the bottle is filled, as finely powdered it occupies less space, and more can be carried.</p>	<p>Antiperiodic (breaks regular recurrence) and a bitter tonic, highly useful in the malarious fevers of India and in neuralgic disorders. Quinine may be taken daily to ward off fevers in seasons when they are prevalent.</p> <p>The principal use of quinine is in ague, remittent fever, and neuralgia</p>	

Name.	Action.	Dose.
	<p>diseases which return periodically, like brow- ague, face and tooth- ache, having intervals free from pain; but it is well to remember that in the tropics many widely different diseases are associated with malaria, and call for quinine.</p> <p>It is a good tonic in in- digestion and weakness due to tropical <i>malaise</i>, in which cases ten minims of sal-volatile can be added to each dose, meanwhile look after the bowels, since quinine acts as an astringent.</p>	<p>One grain in a glass of sherry at mid-day is a good pre- ventive of fever.</p>
<p>Sal-ammoniac (Bazaar name Nawsagar). Can be pro- cured from Bazaar.</p>	<p>Used with Nitre (Sora) and Salt (Nimaek) (six ounces of each to a pint of cold water) to form a freezing mixture, also as a lotion for guinea-worm, and it may be taken three times a day for the same disease, and for chronic disorders of the liver, in which cases it acts as an alterative.</p>	<p>Sal-ammoniac half an ounce, vinegar one pint. Fifteen grains.</p>

Name.	Action.	Dose.
Sal-volatile ..	A good stimulant in nervous debility, fainting, low spirits, palpitation, sick headache, flatulent colic, heart-burn, acidity, and hysteria, taken in camphor julep. As an antispasmodic it may be given with chloric ether and camphor, and can be used to the nostrils in fainting; but smelling salts had better be prepared with the strong ammonia.	Five minims to one drachm.
Seidlitz Powder (among Stores).	Aperient, and cooling saline, well adapted for the hot weather.	Take a dose in the morning, well diluted, and followed ten minutes after by a cup of tea.
Senna. (Bazaar name Suna Mukhi). Can be procured from Bazaar.	Aperient. Made as follows: Senna leaves one ounce, ginger sliced half a drachm, tamarind one ounce, coriander seeds (bruised) one drachm, boiling water half a pint. Let it stand for an hour, and strain. For children a drachm of the leaves can be used,	One ounce or more for a dose. A tasteless and effective opening draught may be made thus: cover one ounce of senna leaves at night with half a tumbler of cold water;

Name.	Action.	Dose.
Soda, Carbonate of,	<p>and the infusion taken in sugar and milk; it does not gripe.</p> <p>Antacid, half a teaspoonful of soda with the same quantity of tartaric acid forms a mild aperient draught, pleasant to the taste. Soda is used in the acidity and heartburn of indigestion, in rheumatism, and is often of service when there is a tendency to renewed crops of boils. Mixed with limejuice it makes an agreeable drink. Effervescing powders of soda and acid are useful in nausea and vomiting. Half a tea-spoonful at night in water will sometimes act as a sleeping draught to dyspeptics.</p>	<p>strain and drink in the morning.</p> <p>Two grains to half a drachm.</p> <p>Soda one drachm in a tumbler of water, and juice of fresh limes one ounce.</p> <p>Soda half a drachm, Tartaric acid one scruple and five grains.</p>
Sulphur (Bazaar name Gunduk). Can be procured from Bazaar.	<p>Mild aperient. Useful in piles, mixed with cream of tartar, ginger and honey; given also in itch (which is common among natives); after a warm bath the whole body should be rubbed</p>	<p>Adult, one scruple to one drachm. Child two to three grains may be given in milk.</p> <p>Sulphur one ounce, olive</p>

Name.	Action.	Dose.
Sulphuric Acid, dilute, or Oil of Vitriol (among stores), pro- perly prepared for use.	over with sulphur oint- ment. Cooling, tonic, and astringent. Used to check excessive perspi- ration in cases of debili- ty, when it may be com- bined with a tonic dose of quinine; to which me- dicine it is usually added to dissolve it. Useful in spitting of blood, com- bined with laudanum, and in bleeding general- ly in weak persons, also in some cases of diarrhœa. The acid draught should be well diluted and drawn through a quill. In quinsy a weak gargle of it is sometimes useful.	oil one ounce, lard four ounces, mix. Two to thirty minims. Acid twenty minims, lau- danum five to ten min- ims, water one and a half ounce, Acid thirty minims, wa- ter five ounces.
Tamarind (Bazaar name Amli). Can be pro- cured from Bazaar.	Slightly aperient, and a capital cooling drink for the sick room.	Two table spoon- fuls of the fruit can be mixed with the same quantity of dates, boiled with a quart of milk or water, strained, and drank during fever.
Tannic Acid ...	Astringent. Useful in spit- ting of blood, bleeding	Two to seven grains for

Name.	Action.	Dose.
<p>Tannic Acid —<i>cont.</i></p>	<p>from the womb, blood in the urine, excessive menstruation, and to check diarrhoea, chronic dysentery, and hectic fever, also as a gargle in sore throat, and an injection in whites, &c.</p> <p>In cuts tannic acid or galls (powdered) rubbed in at once causes them to heal sooner.</p>	<p>adult, given in bread pill.</p> <p>Four grains to one ounce of water.</p>
<p>Tartar Emetic.</p>	<p>Emetic, expectorant, and acts on the skin. Useful in cases of fever, more especially in the early stage of eruptive fevers, and may be given with camphor water. If there be great weakness ipecacuanha is a better emetic. When the skin is very hot and the patient robust, tartar emetic may be given with Epsom salts.</p> <p>See under antimonial wine. its uses in diseases of children.</p>	<p>As emetic one to two grains. To act on skin one-fourth of a grain. Expectorant one-eighth to one-sixth of a grain. Tartar emetic one grain, salts one ounce, peppermint water twelve ounces; a wineglassful every four hours.</p>

Name.	Action.	Dose.
Tartaric Acid.	Cooling. Used to form with soda the effervescing draught.	Soda half a drachm, acid one scruple and five grains.
	Tartaric acid, sugar, and lemon make, with water, a good drink for fever.	Acid two drachms, sugar one and a half ounce, essence of lemon ten drops, or lime-juice one teaspoonful, water one quart.
Turpentine (among Stores).	Given in tape-worm. Useful also as an external application to the chest and belly in inflammation, and to the latter in cholera, and colic; also in sore throat and muscular pains.	One drachm to one and a half ounce with castor oil. Sprinkled on flannel wrung out of hot water.
Zinc, or White Vitriol.	Stimulant, and astringent, and used as an emetic in cases of poisoning when prompt action is required.	As an emetic fifteen grains to half a drachm in tepid water.

Name.	Action.	Dose.
Zinc, or White Vitriol— <i>cont.</i>	Useful to form a lotion in ulcers, and in inflamed eyes, also as an injection in whites, when it may be combined with alum.	Two to six grains, to water one ounce. One to two grains, to water one ounce. Four grains, to water one ounce.

The number of medicines is kept down to the lowest point consistent with prudence. The Medicine Chest and other medicines should always be locked when not in use, and out of the way of children, and placed in a cool and dry place. The glass measures, scales, and other articles should be kept thoroughly clean.

The different medicines should be purchased under proper supervision, and a tolerable insight into their properties may be soon gained. The number required will depend upon whether there is a family or not.

CHAPTER II.

THE SYMPTOMS OF DISEASE, AND APPROPRIATE
TREATMENT.

ABSCESS OR GATHERING.

Causes—Abscesses may arise from bad health or from blows or other injuries.

Symptoms—Pain, heat, redness, swelling, and sometimes shivering. The pain is at first throbbing, but when matter has formed there is a feeling of tightness. As a rule the matter works its way outward, points, and, if not opened, the abscess bursts.

Treatment—Apply cold water and vinegar, and take opening medicine to try and disperse the swelling; but if matter form, poultice until it soften, and when the skin over it looks thin, prick with a clean lancet and again poultice (changing the poultice two or three times daily). Robust persons should live low, but the weak require good soups; tonic pills, one twice a day, or a tonic draught twice daily, as follows:—

Tincture of iron ten minims,
Chloric ether twenty minims,
Water one ounce and a half.

In all cases regulate the bowels.

Chronic Abscess.—In delicate persons matter may form slowly ; then look after the general health.

Gum Boil is usually due to a decayed tooth. Foment, let out the matter, and have the tooth extracted when opportunity offers.

Whitlow may be due to a splinter under the nail ; the matter is deep and tied down, and the pain is horrible ; after fomenting and keeping the finger in hot water, if it feel very tight lance it in the centre ; poultice and take tonics to improve the health.

Bubo is an abscess in the groin, which requires poultices, rest, and opening across—not lengthways. Afterwards carbolic acid lotion and tonics.

ACUE OR INTERMITTENT FEVER.

This is a fever with three stages—the cold, hot, and sweating.

1st Stage.—Symptoms—Shivering, and pain in the head, back, and limbs.

Treatment—Keep the patient well covered up in bed, apply hot water bottles to the feet, rub the limbs and give warm drinks, as tea or gruel, and a draught containing

Spirit of nitre thirty minims,
Laudanum seven minims,
Chloric ether twenty minims,
Camphor julep one ounce and a half.

If the strength allow, give an emetic just before the cold stage commences, of which there are usually warnings, as languor, high-coloured urine, and aching pains.

2nd Stage. — Symptoms — Hot, dry skin, thirst, and headache.

Treatment — Keep the patient more lightly clothed, the body sponged with vinegar and tepid water, which may also be applied cold to the head, and give effervescing draughts, “Imperial” (cream of tartar) as a drink, and calomel and antimonial powder three grains each in gruel, at night, to prepare the way (by correcting the secretions) for a course of quinine, which may be repeated in grain doses of each at night for three or four times if the ague does not soon yield to the quinine.

3rd Stage—Symptom—Profuse perspiration.

Treatment—Guard against sudden chills, and if great exhaustion take place give wine and water.

When free from fever, give five-grain doses of quinine every three or four hours, until two hours before the time when the next attack is looked for, then double the dose, by which the fever may be cut short or may be later in its arrival, proving that the quinine has produced some good effect. The bowels should previously be acted on. The powder taken in the hot stage may be followed by seidlitz, or Epsom salts may be combined with

the first two doses of quinine, and a drop or two of peppermint. Continue quinine in decreasing doses for a week after fever ceases.

The malarious poison to which ague is due will be alluded to in the last chapter: change of air is a great antidote, and after the rains, when malaria abounds, one grain of quinine should be taken daily in a glass of sherry, flannel worn, and night air avoided, as preventives.

Brow Ague.—Half headache, and other pains which occur periodically, require quinine, with which iron may be taken (as they chiefly attack the delicate), and an alterative pill for a few nights.

Ague Cake.—Enlargement of the spleen (ague cake) may follow ague. Mustard poultices, light nourishing food, iron and quinine pills, Gregory's powder as a slight purgative, and, above all, change of air, comprise the treatment.

The brain or lungs may be affected in ague, when combine tartar emetic with the quinine; or the liver may be disordered, when give aqua regia and quinine.

Ague is almost certain to recur if those subject to it are exposed to malaria when weak.

APOPLEXY.

This disease sometimes occurs without warning, at other times may be preceded by headache, sickness, giddiness, transient numbness, impaired memory and speech, confused ideas, flashes of light, and

noises in the ear; by timely attention to which it may be possible to ward off the threatening fit. Lastly, apoplexy may commence with paralysis.

Symptoms—Complete insensibility, puffed out cheeks, snoring breathing, passage of stools and urine unconsciously, and the limbs may be convulsed or quite rigid.

Treatment—Free the neck, keep the head and shoulders raised, apply cold cloths to the shaved head, or cover it with the pulp of tamarind fruit and cold water; purge with salts and senna, and calomel in full doses, and put blistering fluid to the back of the neck, and mustard poultices to the calves; if the patient cannot swallow, give an enema of turpentine and castor oils, instead of aperient draughts, which might suffocate. Full-blooded persons should avoid much animal food, stimulating drinks, late dinners (as a fit sometimes occurs after a heavy late meal), and all excitement. Should warnings occur, treat with purges, early rising, temperance, and exercise; while over-fatigue of mind or body, exposure to the sun, stooping and straining at stool, and tight collars, &c., should be avoided. The warm foot-bath with mustard in it at bed-time and a high pillow at night are useful.

ASTHMA.

Symptoms—This disease usually attacks at night. It comes on with difficulty of breathing;

the sufferer feels tightness across the chest, gasps for fresh air and frequently seizes hold of something to fix himself with. There are violent fits of coughing and spitting, and profuse sweating. Asthma may be preceded by uncomfortable sensations in the head and stomach. The most common causes are indigestion, with wind, and sudden changes of temperature, and damp in some cases, while in others a dry east wind will bring it on.

Treatment—If the patient be robust give an emetic and enema; and a warm bath sometimes relieves; in most cases

Chloric ether thirty minims,
Laudanum fifteen minims,
Camphor julep one ounce and a half,

does good. The fit is sometimes cut short by hot brandy and water or the inhalation of chloroform.

The asthmatic should be careful in diet. Eggs, bread and milk for breakfast, onion broth, the lean part of good mutton, stale bread, stewed fruits and rice for dinner, offer the safest forms of food; the latter should be taken in the middle of the day. Malt liquors are injurious. Coffee is the best beverage. Datoora smoking is sometimes useful, and so is inhaling the fumes of saltpetre or smoking paper saturated with it; a strong solution of nitre and water can be made, blotting paper saturated with it, folded like a squib, ignited, and smoked or inhaled, or the fumes

of heated camphor may be inhaled. Smelling salts to the nostrils and small doses of ammonia occasionally relieve. Excessive flatulence may be dispersed by a dose or two of

Alum seven grains,

Gregory's powder half a drachm ;

and weakness should be met with tonics and sound dry sherry and water. The cold shower-bath usually does good, and daily cold sponging of the chest, with vigorous friction afterwards. Asthma may be associated with malaria and require quinine.

BLOODLETTING.

Although rarely required, it is as well to know how to go about it, as it may be wanted in acute inflammation of the brain, lungs, &c., in robust persons.

In taking blood from the arm, bind the limb round with a piece of tape about four inches above the elbow with sufficient tightness, and no more, to make the vessels swell, and open the most prominent, and the outer vessel below the joint. Pressing upon the vein below with the left thumb to keep it steady, and holding the lancet in a slanting direction between the forefinger and thumb of the right hand, make an incision of about a quarter of an inch into the vessel, and if the blood does not flow, tell the patient (if conscious) to move his fingers about. When enough blood has been taken, untie the tape and fold a piece of lint over the opening, again tying

the tape firmly over the lint. The great point to remember is to avoid opening the artery of the arm, which is beneath the inner vein at the bend of the elbow, and is known by pulsating movements ; but if the vessel on the outer side of the arm be chosen there is little risk.

Watch the effect of the loss of blood, and in most cases the pulse will show the extent to which the bloodletting may be carried ; when it loses its hardness, becoming soft and compressible, enough has been taken.

BOILS AND CARBUNCLES.

It is popularly supposed that boils act as safety valves to the system. Be this as it may, they are very frequent in India, where they often come out in crops, and point to some disturbance of health.

Symptoms—They are hard and painful swellings, and matter forms slowly.

Treatment—To bring it to a head, rub the boil with caustic, or apply an onion poultice or the common bread poultice, but not larger than is required to cover the boil, or others may spring up. Take Gregory's powder for a few mornings and carbonate of soda in half-drachm doses twice daily ; when ripe, lance the boil ; if the digestion be out of order, take an alterative pill for a few nights, and for delicate persons, iron and quinine pills and a good diet are useful,

A Stye is a painful little boil on the eyelid, due to deranged health ; foment, poultice, open when ripe, and take good diet, tonics, and an alterative pill or two.

Carbuncle is a boil on a larger scale, to which the elderly are the most liable, especially when the mind is harassed, or the habits intemperate.

Symptoms—A dull, red and hard swelling, attended with intense pain, and often with great debility. The nape of the neck and the back are the usual sites.

Treatment—The treatment calls for courage, as a free incision is necessary to let out the matter ; after which apply poultices and take a dose of calomel, followed by an opening draught. This plan may be repeated a few times, as it is important to act upon the liver and the bowels. As carbuncle shows a low condition of health, support the strength with generous diet and tonics, especially quinine. To heal the wound left, a stimulating application, such as a weak zinc lotion, will answer. Persons not too debilitated may derive benefit from an emetic of ipecacuanha wine taken at the outset, but not to the exclusion of the aperient recommended above. Dover's powder is also useful in these cases to allay pain.

BREAST PANG

May come on suddenly after violent exercise or a heavy meal.

Symptoms—Severe pain across the chest, shooting down the left arm, and a feeling of suffocative tightness; it depends upon heart disease. Persons may have repeated attacks and live for years, if strong excitement be avoided.

Treatment—Chloroform or chloric ether, with sal-volatile, or laudanum with brandy, strong coffee, hot mustard to the feet, turpentine stupes to the chest, and aperients.

As a fit may be excited by flatulence, those subject to this disease should guard against the accumulation of wind, and avoid all strong excitement, both mental and physical.

BRONCHITIS.

Symptoms—Aggravated cold and cough, and severe fever. The breathing is distressed, and matter like white of egg is expectorated; all the symptoms get worse towards night.

Treatment—In *acute* attacks give a draught every four hours of

Nitre ten grains,
Spirit of nitre twenty minims,
Antimonial wine twenty to thirty minims,
Camphor julep one ounce and a half.

Apply a mustard poultice to the chest, made with equal parts of mustard and flour, a little vinegar, and hot water, and spread on a piece of cambric, and keep it on for twenty minutes, or stupe with turpentine; get the bowels open and use the hot foot-bath.

In ordinary cases take

Dover's powder seven grains,

Calomel three grains,

at night, and scidlitz in the morning, and

Paregoric forty minims,

Ipecacuanha wine ten minims,

Water one ounce and a half,

when the cough is troublesome; and warm diluent drinks, as barley water and black currant water, often soothe and loosen the cough.

The acute may pass into *chronic bronchitis*, when the cough pill two or three times daily, the paregoric draught, and a blister are useful. An emetic may relieve when the air passages seem clogged, also the inhalation of steam. Persons subject to bronchitis should avoid sudden changes of temperature, and protect the chest and feet from cold and damp, and in malarious districts and seasons take quinine. In bronchitis of the elderly give

Sal-volatile fifteen minims,

Laudanum seven minims,

Camphor water one ounce,

and the diet should be liberal. In children nauseating emetics, mustard to the chest, hot steam, stimulants, and good light food and quinine to support the strength are called for. In very sharp attacks in strong adults full doses of tartar emetic and salts may occasionally be required.

CATARRH.

Causes—"A cold in the head" may be due to cold, damp, or sudden changes of temperature, and if neglected may lay the seeds of serious disease.

Treatment—When much fever is present, robust persons may require antimonial wine, nitre, and spirit of nitre, as in Bronchitis; but for an ordinary cold take a dose of Dover's powder at night in congee, use the hot foot-bath, and be well covered up in bed afterwards, when profuse perspiration will probably ensue; take seidlitz the following morning, and should the cold be severe keep to one room for a day or two. Occasionally a draught of cold water at bedtime will cut short a cold, or one tea-spoonful of sal-volatile, or laudanum twenty minims, taken in a stiff glass of hot brandy and water. When the nostrils are plugged, steam them, and for hoarseness mix together a solution of gum, paregoric, and honey, half an ounce of each, and swallow a tea-spoonful slowly every two or three hours.

CHOLERA.

Symptoms --- Watery vomit and rice-water stools, cramps of the muscles, great thirst, suppression of urine, blueness of the skin, which is cold, voice reduced to a whisper, sunken eyes, and complete exhaustion. The patient is usually sensible throughout. Cholera is sometimes preceded by diarrhoea, which never neglect in India; at other times there is no warning.

Treatment—Keep the body warm with hot blankets and hot water bottles, apply ice (when procurable) to the head, and give it to the patient to suck ; if it cannot be obtained use the freezing mixture made as described under nitre ; rub the limbs constantly with a liniment of opodeldoe or oil two ounces, with laudanum two drachms ; give a turpentine enema, stupe the belly with hot turpentine after applying mustard, and give half a wine-glassful of the following mixture :

Essence of camphor two drachms,
Chloric ether six drachms,
Water seven ounces,

every half-hour, and iced soda, or aerated water (made in a gazogene) with a dash of brandy in it as often as the sufferer craves to drink ; or three table-spoonfuls of common salt may be dissolved in a pint of water, and half a wine-glassful given every quarter of an hour. Sometimes a bath (at a temperature of 100° to 106° Fahr.) appears to afford relief.

Should the patient survive the stage of prostration, and feverish symptoms set in, give an effervescing draught every hour, keep the head cool, and give nitre with spirit of nitre to act on the kidneys, and “Imperial” as a drink (*see* cream of tartar). The room should be well ventilated and sprinkled with carbolic acid water, the attendants as few as possible, the vomit and stools deeply buried at a distance directly they

are passed, and all soiled clothes and bedding destroyed. If premonitory diarrhœa occur, meet it at once with chlorodyne twenty minims, or

Aromatic chalk half a drachm,

Sal-volatile twenty minims,

Laudanum ten minims,

Water one ounce and a half,

every three hours until the looseness be checked, keep in bed, and take a sleeping draught at night. Let the diet be simple, avoid fish, pastry, and fruits, and drink weak brandy and water.

COLIC.

Symptoms—Twisting pain in the belly, costiveness, and sometimes sickness; it may be caused by cold, great flatulence, constipation, worms, and occasionally by lead poisoning. It is known from inflammation by the absence of fever and by the pain being relieved by pressure.

Treatment—Stupe the painful part with flannel wrung out of hot water and sprinkled with turpentine, use the warm bath, and give calomel three grains with Dover's powder seven grains every four hours for three doses, and then castor oil one ounce and laudanum twenty minims. In lead colic the hands may be temporarily palsied.

Epsom salts two drachms,

Dilute sulphuric acid twenty minims,

Laudanum fifteen minims,

Water two ounces,

three times daily, and a castor oil enema would be the best treatment. Flatulent colic is often benefited by

Spirit of nitre forty minims,
Essence of Ginger thirty minims,
Nitric one scruple,
Water one ounce and a half,

and wind may also be dispersed by

Chloric ether one drachm,
Laudanum ten minims,
Water one ounce,

and an enema of thin warm congee, with laudanum one drachm.

CONSTIPATION.

Causes—This condition is produced by sedentary habits, deficiency of bile (which is the natural purgative), or the nature of the diet; should it depend upon the latter, use articles of food which are known to be laxative, as honey, figs, stewed prunes, tamarinds, and coarse bread. Women are more liable to it than men.

Symptoms—When costiveness continues long headache and diminished bodily vigour result.

Treatment—Should the liver be torpid, alterative pills will do good; if it be due to indolent habits, active exercise, especially on horseback, will be useful. A glass of cold water upon waking, smoking tobacco, and cold douche applied suddenly to the

MEDICAL HINTS.

jelly may each relieve constipation. When it is habitual, try an alterative pill at night and a dose of Gregory's powder or a senna draught the following morning, two or three times for a week. But the practice of often taking opening medicine is injurious; an enema of soap and water will usually relieve the bowels. Costiveness in children generally depends upon the food; it is often attended with pain, and in infants convulsions occasionally occur. Rice, which is a common article of diet, confines the bowels. Castor oil is the best medicine. Should costiveness continue, use an enema of soap and water daily until the bowels act properly.

CONSUMPTION

Is not uncommon in India; cold and damp, great and sudden changes of temperature, improper food, bad air, profuse discharges, dissipated habits, and other causes of debility may light it up, more especially when there is hereditary taint.

Symptoms—Cough, difficulty of breathing, diarrhoea, spitting of blood, expectoration, emaciation, and great weakness. Persons with a tendency to consumption should be careful in diet, as disordered digestion is one of the first signs of its coming on.

Treatment—When the disease is established, give the cough pill, paregoric and ipecacuanha wine, and cod liver oil.

Night Sweats—Treat excessive perspiration with

Dilute sulphuric acid twenty minims,
Laudanum ten minims,
Water one ounce.

three times daily, and draw it through a quill; or mix one draehm of the same acid with one quart of water and drink during the day. If much debility be present, add two or three grains of quinine to the drink.

Spitting of Blood.—Treat in the same way, taking care that all the drink be as cold as possible, the head raised, and perfect quiet and rest ensured.

Diarrhœa—Give chalk powder, sulphuric acid, and laudanum, or a dose or two of ehlorodyne.

Hectic Fever.—When there is much hectic fever, tepid sponging, cooling drinks, as raspberry vinegar, a tonic pill twice a day, and good diet and stimulants are useful.

The breathing is often made easier by applying mustard to the chest, and to persons fairly strong, when there is much expectoration, give an occasional emetic. In the last stage, sal-volatile, wine, and other stimulants are required. In Incipient Consumption, open air exercise, a regular life, early hours, pure air—especially at night, flannel clothing, cold sponging or douche to the chest, and good friction of it after, change of air, and above all a sea voyage are advised; all persons with a ten-

dency to consumption should take daily exercise for expanding the chest; great care in diet is necessary, milk, cream, bacon, and oily matters generally should enter largely into it, even though (which is often the case) a disrelish for this form of food be shown.

CONVULSIONS.

Causes—May depend upon teething, worms, improper food, disordered milk, flatulence, fright, water on the head, &c.

Treatment—During a fit put the child up to the shoulders in a warm bath, and keep cold to the head. When the attack seems due to deranged digestion, give an emetic and attend to the diet; when teething is the cause lance the gums if tight and swollen; and for worms use free purging and the medicine recommended under that head. After the fit give a dose of calomel followed by castor oil for two or three days. In the twitchings of babies a few days old, rub the stomach and give a little dill water, aniseed, or two or three drops of sal-volatile.

COUGH

Is sometimes a serious symptom of other disease, but when it occurs alone, or with a cold in the head, it is simple enough if attended to.

Causes—It may depend upon cold and damp, or relaxed uvula.

Treatment—Take a mixture of paregoric and ipecacuanha wine twice a day, after a cough pill; the

foot bath, flannel clothing, mustard to the chest, and demulcent drinks, such as barley water, are all useful. In the cough of children give a mixture containing paregoric, spirit of nitre, and antimonial or ipecacuanha wine, in doses according to age.

Hooping Cough usually runs through a house, and if the children be allowed to mix with others it may run through a station.

Symptoms—At first cold with general feverishness, but in a week or two a convulsive cough sets in, which is followed by the hoop, and relieved by vomiting.

Treatment—Should the expectoration be profuse give a few grains of alum in milk. The child should be confined to one room, the diet be light, such as corn-flour, milk, and broths; and at night the pillow should be high; give soda and Gregory's powder daily, rub the chest and spine with opodeldoc, and, when a bad fit of coughing is over, a mixture of

Chloric ether six minims,
Antimonial wine five minims,
Laudanum one drop,
Syrup one ounce,

for a child two or three years old, and calomel, Dover's powder, and antimonial powder one grain of each, at night for a week, can be tried, but iron and quinine as a tonic, and change of air, are the best remedies.

Should the lungs be attacked, the antimonial wine will be required in nauseating doses, also the hot bath and mustard to the chest.

CRAMP OR SPASM.

Causes—Cold and damp. The muscles of the neck, back of the thigh, and calf are those usually attacked by it.

Treatment—Use vigorous friction for some time with opodeldoc and camphor, and apply a hot brick wrapped up in flannel. Cramps frequently attack the weak, when try tonic pills, chloric ether and iron, with liberal diet, and an alterative pill three times a week to act on the liver. Cramp of the stomach may be due to bad or indigestible food, such as fish, cucumber, cold drinks when warm, exposure at night, and insufficient covering when asleep. Rub the stomach with a liniment containing equal parts of brandy, camphor, and laudanum, covering it after with flannel wrung out of hot mustard and water, and give a glass of hot brandy and water. If there be much flatulence Gregory's powder and sal-volatile will probably disperse it, and half a tea-spoonful of soda if cramp proceed from acidity. A tea-spoonful of chloric ether in a glass of sherry is sometimes of service.

CROUP,

Or inflammation of the windpipe, occurs usually in children before the age of five. Damp and low

localities may cause it. It is most commonly noticed about the age of weaning, and the earlier children are weaned the more subject they are to croup.

Symptoms—The disease is very insidious in its approach, and is often preceded by hoarseness. When established its symptoms are great difficulty of breathing; dry cough, attended with a metallic sound; the face full of blood and a crowing sound of the voice. As the disease advances, glutinous matter is expectorated, but the little sufferer sometimes dies, suffocated from inability to bring it up; fever is also present. When croup is fatal, death generally occurs about the second day.

Treatment—If leeches can be obtained, apply three or four to a child a year old on the collar-bone, three more for each additional year (the leech-bites should be fomented for one quarter of an hour afterwards, and the bleeding stopped with cotton wool, or lint moistened with tincture of iron), and give ipecacuanha or antimonial wines to cause vomiting, calomel and antimonial powder, one grain of each, every two hours, for four doses, and the warm bath with mustard in it; the air should be made moist by the steam of hot water. In some bad cases apply blistering fluid to the sides of the wind-pipe, hot sponge and mustard to the throat, and the latter in aggravated cases to the calves, and inject a turpentine enema. When the child appears almost suffocated, an emetic will often do good by removing

what is blocking up the air-passage, and flannels dipped in hot water and rolled round the throat are of great service. The main remedies indeed are ipecacuanha or tartar emetic with hot sponges or flannels to the throat. The Surgeon occasionally saves life by opening the wind-pipe. Give a teaspoonful of the following mixture at the commencement, and repeat every quarter of an hour until vomiting occurs :—

Ipecacuanha wine two drachms,
Tartar emetic one grain,
Water two drachms.

False or Spasmodic Croup is a form of disease which comes on suddenly, and is due to teething, worms, or other cause of irritability. It is distinguished from croup by the absence of fever ; the point of similarity is the crowing sound.

Treatment—Hot bath for the body, cold to the face and chest, a little calomel and sugar, followed by castor oil, and ipecacuanha wine. A hot sponge and mustard to the throat may be required, but the best remedy for such cases is change of air.

DEBILITY.

Causes—Bad and insufficient food, confined and unwholesome air, malaria, and want of exercise, all tend to weaken, and it is scarcely necessary to add that tropical residence often sets up a state of nervous exhaustion. Debility may accompany some other disease, and the sensation of it be very distressing,

as in fever, cholera, &c. Weakness should be early met, as in many cases it is the first noticeable sign of incipient consumption.

Treatment—In debility pay great attention to habits of life ; the mind requires relaxation, and the body change, also the shower-bath ; regulate the diet and bowels, and take a course of iron. When the stomach is very delicate and sickness results, take

Sal-volatile fifteen minims,
Chloroform ten drops,
Gum water one ounce ;

and a bitter (*see* Kreat) with carbonate of soda when acidity accompanies debility. In cases when the weakness is extreme, yolk of egg and brandy two or three times daily is very useful. In weakly infants it is sometimes necessary to substitute the milk of the ass or cow for the natural food, particularly when the mother has been pulled down by nursing.

Salap misree (obtainable in bazaar) is very nutritious, and well adapted for convalescents.

DELIRIUM TREMENS.

It is not probable that many cases of this disease will occur amongst the readers of this work ; but since excesses are sometimes committed by the better educated, and as the disease occasionally depends upon great exhaustion of body or mind, a few remarks may be useful. The most frequent

cause of delirium tremens is the excessive use of alcohol in some form. It is in fact produced by the accumulated effects of a slow poison, and is the climax of chronic alcoholic poisoning ; the habitual use of opium may also induce it.

Symptoms—Intense restlessness, trembling, clammy perspiration of the body, and the occurrence of strange fancies to the patient, generally hinging upon his imaginary fears, but he is seldom violent.

Treatment—The main object to accomplish is to get him to sleep, which may usually be attained by perfect quiet, strong soup containing Liebig's extract of meat, and plenty of red pepper, and

Chloric ether one drachm,
Laudanum twenty minims,
Camphor-water one ounce and a half.

The old treatment was to give large doses of opium, but this is now seldom done. When the attack depends upon any great shock to the system—as a severe wound attended with loss of blood,—ammonia, camphor, or the customary drink of the patient may be required. Should much feverish excitement be present, give purgatives, salines, and aërated water ; keep the head cool and apply mustard over the stomach if irritable ; and sometimes cold water poured on the head while the patient is in a warm bath will compose. Good nursing and watchful care (as suicide may be attempted) are necessary.

DENQUE:

This disease has recently been very prevalent, and calls for a short notice.

Symptoms.—There are usually no premonitory symptoms, but the attack comes on suddenly with fever, vomiting, swelling of, and acute pain in, the joints, and cramps of the muscles, accompanied often by swelling of the glands of the neck and under the jaw, and later an eruption, not unlike measles, occurs, which subsequently scales off. There is intense headache, and the bowels are frequently obstinately confined. The disease is epidemic just now, and is preceded and accompanied by remarkable depression.

Treatment.—Saline aperients, hot vapour baths, Dover's powder, plenty of clothing and drinks to promote sweating, and to act on the kidneys; poppy-head fomentation, and a liniment of opodeldoc and laudanum, or of turpentine and grass oils, to rub the painful parts with. "Imperial" is an excellent drink in these cases, with lemon grass in it, and a teaspoonful of nitre to each pint. After the fever has left, quinine, good food, and tonics—iron and chloric ether for example,—and change of air, since the disease depends upon impaired nervous tone, from malaria or otherwise.

Give the vapour bath thus: Place the patient on an open cane-chair, put a pan of hot water under it

with a heated brick in the water, and cover stool and sitter with a blanket.

DIARRHŒA.

There are frequent stools, often attended with pain.

Causes—An attack may depend upon various causes, such as checked perspiration, great heat, change of climate, exposure to cold and damp, foul air, indigestion, liver disorder, unwholesome food—as bad meat, unripe fruits, and shell fish—bad water, presence of worms in the intestines, teething, fever, the abuse of aperient medicines, and depressing passions of the mind.

Symptoms—Diarrhœa is distinguished from dysentery by the absence of much fever, and of blood and slime in the stools. Vomiting often accompanies diarrhœa in the pregnant. Should the running from the bowels be unchecked, great emaciation results.

Treatment—In simple diarrhœa due to indigestible food, take an emetic, followed by a dose of castor oil containing a few drops of laudanum. Should the looseness be excessive, take chalk and Dover's powder three times a day, or chlorodyne fifteen to twenty drops in water, and the diet should be strictly farinaceous. Diarrhœa may be produced by some irritating substance which requires to be expelled from the bowels, therefore persons who act

upon the principle of taking astringents in all cases often do harm ; when a dose of castor oil, and a diet of milk and farinaceous food would probably set matters right. In the diarrhoea of consumptive patients (which is sometimes due to impure cod liver oil), chalk powder is a good remedy, and a mixture of sulphuric acid and laudanum. Should looseness of the bowels occur in a child, and seem to depend upon the milk of the mother, donkey's milk or cow's milk diluted with water should be substituted, and calomel one grain given twice a day for three or four doses, but it should be discontinued when green motions are passed. If worms have been passed, the treatment mentioned under that head ; and if teething be the cause, give calomel with chalk powder or Gregory's powder in gum-water. The latter medicine is also useful when diarrhoea is due to excessive bile. Diarrhoea may be the forerunner of cholera, and therefore should never be trifled with. The following draught is useful in the diarrhoea of adults accompanied by griping and sickness :—

Aromatic powder half a drachm,

Gregory's powder fifteen grains,

Sal-volatile twenty minims,

Peppermint water one ounce and a half,

taken three times daily, and an astringent pill at bed-time.

Milk and soda-water, corn-flour, arrowroot, barley-water, &c., should form the diet ; foment the

stomach with warm water, and wear a flannel roller round the body.

In chronic diarrhoea, catechu (*see* Kath) fifteen grains to half a drachm taken in syrup or honey twice a day, is a good bazaar remedy.

DIPHTHERIA.

Symptoms — Commences with feverishness, symptoms of cold, and sore swollen throat, and is marked by great depression, more or less deposit narrows the air-passage, and there is pain in swallowing.

Treatment—If the margin of the deposit can be made out, apply caustic solution (fifteen grains to one drachm of water) to the throat on a small piece of sponge tightly tied to a thin stick, or tincture of iron, or equal parts of aqua regia² and honey. Let the patient inhale the steam of hot water and vinegar, and use poppy fomentation or a hot poultice to the swollen throat and under the jaw. If vomiting occur apply mustard to the stomach and give cold effervescing drinks, and should the patient be unable to swallow inject food and medicine as an enema. Good nourishing broths, milk, eggs and brandy, port wine,

Quinine three grains,
Tincture of iron fifteen minims,
Aqua regia twenty minims,
Water one ounce,

Silber

three times a day, and the use of disinfectants in the sick room, comprise the treatment. Change of air taken early may cut short the disease, and prevent the paralysis, which sometimes follows. During convalescence cod liver oil, iron and quinine, and generous living will be required.

DYSENTERY.

Causes—This disease may arise from exposure to cold and damp, intemperate habits, unwholesome food and water, a low state of health from scurvy or otherwise, and the malarious poison. It is most prevalent during and after the rainy season.

Symptoms—The symptoms are griping and frequent inclination to go to stool, when scanty motions are passed with great heat and straining pain, blood and slime being intermixed with them, and feverishness and vomiting often occur. There is usually excessive tenderness over the belly, calling for hot fomentation of poppy-heads, and in extreme cases alarming exhaustion may ensue. 5

Treatment—Give one or two of the antidysenteric pills every five or six hours, and a dose of castor oil with laudanum may precede the pills. The diet should be milk, barley-water, raw eggs, and farinaceous food, and the patient should not move from the bed. Large doses of calomel (with which

opium is combined) are recommended by some if the patient be very robust, and much inflammation present, but are seldom required in the tropics. An emetic will generally suffice in such cases, followed by castor oil; give Dover's powder and calomel every five or six hours (eight grains of the former with two grains of the latter to an adult, for four or five doses, and one grain of each to a child a year old). In severe attacks half a drachm of powdered ipecacuanha in cold water may be tried, giving twenty minims of laudanum, putting mustard over the stomach, and injecting an enema of starch and laudanum half an hour previously, and taking care that no fluid has been just taken. In the absence of ipecacuanha, the powdered root or bark of Mudar can be procured from the Bazaar and used in the same dose and way, and repeated in six hours. Should violent vomiting occur, put a mustard poultice over the stomach, and give effervescing draughts with laudanum. Pain may be relieved by gently rubbing the belly with oil and camphor, and by hot stupes of turpentine, by the warm bath, and by an enema of starch and laudanum one drachm. Dysentery is frequently malarious, and requires quinine.

Chronic Dysentery.—Treatment—Tonics, astringent pills (one twice daily), and change of air, and though the diet should be unstimulating, take care to support the strength with good

soup thickened with corn-flour, with a teaspoonful of "Liebig" added to it, and during convalescence port wine and water.

The gums should always be examined, and if they are spongy, give limejuice, as scurvy and dysentery make a serious complication. Bael fruit, which can be procured from the bazaar, is useful in this form of chronic dysentery. Boil two ounces of the dried fruit in a pint of water down to one-fourth, and give a wineglassful to an adult two or three times daily; the pomegranate rind can also be used in the same way and dose, two ounces to one pint and a half of water (or milk) boiled down to a pint.

EAR.

Inflammation of the Ear.—Causes—Exposure to a current of cool air, the stings of insects, and other irritants.

Treatment—Hot soft bread or onion poultices, fomentation of decoction of poppy heads, and the steam of hot water applied to the ear relieve the pain, which is sometimes excruciating. Syringe the ear with hot water, and afterwards put in cotton wool saturated with a mixture of glycerine and laudanum. If inflammation become strong, purgatives, nauseating doses of tartar emetic, and low diet are required, and, if possible, apply a leech or two behind the ear. A

person may become delirious from the acuteness of the pain. Should matter escape from the ear, use warm water and soap, and inject a few drops of carbolic acid solution (two grains to one ounce of water), or, if there be much discharge, a solution of tannic acid and glycerine of the same strength. When deafness occurs suddenly, syringe with soap and water to bring away the wax, after which put one or two drops of ammonia mixed with sweet oil on cotton wool into the ear or a few drops of a solution of camphor, half a drachm dissolved in turpentine two drachms. Should deafness come on in a delicate person, iron and chloric ether as a tonic, and an alterative pill at bed-time for a week, may benefit. Children frequently suffer from sore ears during teething; cleanse the ears thoroughly with cold water, or, if much inflamed, with tepid milk and water, and give Gregory's powder. If a child poke anything into the ear, a seed or bead for example, syringe very gently to dislodge it, and be very careful not to push it in.

EPILEPSY.

Symptoms—An epileptic may fall suddenly down, be convulsed, have impeded breathing, foaming at the mouth, and contraction of the jaws, so as to often injure the tongue. The fit is sometimes preceded by a loud cry. After being violently convulsed for a time varying from three to ten mi-

minutes, the patient generally falls asleep. There may be symptoms of its approach, as vomiting, pain in the head, disturbance of some sense, or a sensation of cold creeping up the back to the head; but usually no warning occurs.

Epilepsy is distinguished from apoplexy by the absence of snoring breathing, and paralysis, by the short duration of the attack, and by the presence of foaming at the mouth; and by convulsive movements of the limbs.

Causes—Great nervous weakness, intemperance, improper habits, strong passions of the mind, sexual over-indulgence, disordered menstrual functions, worms, and teething, and injuries of the head now and then produce it.

Treatment—During the seizure, free the neck from any band, place a pad between the teeth (a piece of cork will do) to prevent the tongue from being bitten, and let the patient lie upon a mattrass to guard him from injury, allowing the cool air to play upon him. When the fit is over direct attention to its probable cause; if the bowels are confined give strong aperients, should worms be the exciting cause, turpentine and castor oils and a dose of calomel. If debility exist, tonics; and in hysterical cases iron is the best remedy. Should the epileptic be robust, an emetic is occasionally useful,

together with the application of cold to the head and warmth to the rest of the body, and

Calomel four grains,

Gregory's powder twenty grains,

followed by castor oil to clear out the bowels.

Many medicines are recommended for the cure of epilepsy, such as nitrate of silver (lunar caustic), sulphates of copper and of zinc (blue and white vitriol) ; but since they require supervision they need not be commented on here. The epileptic should use a milk and vegetable diet, and abstain from excess in stimulants. Indeed all causes of great excitement should be avoided, and care taken that he never place himself in any dangerous situation, lest a fit overtake him. The liver and bowels require attention, and daily exercise and the cold shower-bath are of service. Sometimes a fit may be warded off by dashing cold water in the face and by the inhalation of chloroform. Should the fit proceed from teething, lance the gums, and give a hot bath and aperients. In all cases keep the head raised during sleep.

ERYSIPELAS.

Symptoms—Shivering at the onset, sickness, fever and delirium when the face or head are attacked ; the skin of the part soon becomes inflamed, shining, swollen, and painful, and the paler it is the weaker the patient usually is.

Causes—It sometimes follows a wound, and in a bad constitution leech bites, slight burns, and other trivial injuries may set it up, when it may spread to others unless the patient be completely isolated.

Treatment—If there be strong fever give an emetic, cooling aperients and drinks, effervescing draughts, antimonial wine, and a dose or two of calomel. If there be great debility, sal-volatile, wine, quinine, and iron; good food, and Dover's powder at night to allay pain; and in all cases foment often, and afterwards dust with flour and wrap the part in dry cotton wool, and use disinfectants in the sick room. Erysipelas may leave the skin and attack some internal organ, when apply warmth and mustard to the old place to bring it back; never use cold applications. If delirium ensue, apply mustard to the calves and put the feet in hot mustard and water.

EYE.

Inflammation of the Eye.—Symptoms—Heat accompanied by smarting as if dust had got into it, great headache, redness, and fever.

Causes—Cold or damp, particles getting into the eye, and disorder of the digestive functions.

Treatment—If the stomach be out of order, take an emetic and calomel, followed by a seenna draught; bathe the eye with a lotion containing alum or sulphate of zinc (one or two grains to an ounce of water, or rose-water), or a caustic lotion

(one grain to one ounce). Protect both eyes with a shade, although one only be inflamed; at night take Dover's powder, and smear the eyelids with cold cream to prevent them sticking together. The diet should be nutritious but unstimulating. If there be severe fever, take calomel for two or three doses and bathe with poppy-head fomentation.

Ophthalmia—In which matter forms, is far more serious, and is prevalent in India, owing to the fine particles of dust floating about in the atmosphere, combined with the glare of the sun. On looking into the eye a great change is evident, and unless the disease be early checked, loss of sight may soon result.

Causes—Bad, confined air, neglect of cleanliness; the action of lime and other irritants may cause this state of eye, and as the matter secreted is contagious, great care in regard to the patient's towels is necessary.

Treatment—The disease is sometimes cut short by low diet, tartar emetic, aperients, and the use of a strong caustic lotion; but bleeding is occasionally required, and very promptly too; exclude all light from the room and keep the head raised. In some cases it is necessary to make incisions in the excrescence observed in the eye, which, although it requires nerve and some knowledge, might be tried in a case of emergency. There is a kind of roll raised all round the dark part of the eye, which is acting as a

tight band and may destroy the sight ; divide this and the tightness is removed, afterwards foment. An ointment containing ten grains of caustic (powdered) to one drachm of fresh lard is a good application in some cases ; put a piece the size of a pea twice a day into the eye.

Scrofulous Ophthalmia may attack young children, when light is intolerable, and the eye waters greatly.

Treatment—Drop a lotion—caustic one grain and water one ounce—into the eye, and let a shade be worn over both eyes. Change of air, liberal diet, iron and quinine, and Gregory's powder comprise the remaining treatment.

Infants occasionally have bad eyes two or three days after birth ; the disease is contagious ; great cleanliness is necessary, and use an alum eyewash, three grains to an ounce of water, and the caustic lotion in bad cases.

For weakness of the eyes after inflammation, cold water does good. Open the eyes under water in a basin, and weak brandy and water (one tea-spoonful to a pint) forms a good lotion.

FAINTING.

Treatment—Place the patient on the ground in the open air, with the head low, loosen the dress, sprinkle cold water over the face and neck, and

carefully apply smelling salts to the nostrils; care is necessary or inflammation of the nostrils may be set up. When the patient comes round, give one teaspoonful of chloric ether in a glass of sherry, which is also useful in giddiness due to acidity, too long fasting, or otherwise, which may precede fainting.

FEVER, REMITTENT.

This fever differs from ague in there being only a lessening of fever, not an interval of complete freedom.

Symptoms—Chilliness, shivering, thirst, hot dry skin, headache, aching of limbs, scanty and high coloured urine, bad stools, and occasional vomiting. The abatement of fever usually occurs in the morning. In robust persons the fever may run high, and be attended with frequent vomiting and delirium.

Treatment—Effervescing draughts, aperient salines, cold to the head, tepid sponging of the body,
Calomel five grains,
Antimonial powder four grains,

at night, and when the fever is less, eight or ten grains of quinine every three hours for three doses, comprise the treatment. In some few cases when the fever is very strong and the head affected, in good constitutions, bleeding and an emetic of ipecacuanha may be required. When there is great prostration give wine, sal-volatile, and good strong broths, with "Liebig" added. For diarrhoea the chalk powder answers,

and when the bowels are confined, antimonial powder and calomel for two or three doses until natural stools are passed. Should vomiting be incessant, apply turpentine to the belly and give the effervescing draught. As soon as the patient can be moved, he should be sent away for change of air. There is a kind of fever almost continued, or with a very slightly marked break, which occurs occasionally to Europeans newly-arrived in India, and who have undergone great exposure and fatigue in the hot dry season, such as would be experienced on a shooting excursion. The symptoms at first are those of severe feverish excitement, succeeded in a few days by remarkable prostration, and bilious vomiting is often present. In some few cases bleeding is useful, and in all, antimonial wine, purgatives, cold sponging of the body and cold to the head, and, when the bowels have been thoroughly cleared out, ten-grain doses of quinine.

FEVER OF CHILDREN.

Causes—Teething, disordered bowels from improper food, and all causes of debility; the bowels may be relaxed or confined; should there be much looseness, the child will rapidly waste.

Treatment—The diet for children at the breast, if the natural milk seem to disagree, should be donkey's or cow's milk with a little lime-water in it, and for children who are weaned "Liebig's" food, or milk

with corn-flour, which should be given in small quantity at a time. The plan of feeding sickly children with a spoonful or two only at a time has saved many, as the delicate stomach will often keep down this whilst it rejects larger quantities. When the stools are bad give purgatives until they improve. Calomel and Gregory's powder twice a day for a day or two will do. If much diarrhoea be present, the chalk powder, and when the belly feels hot and is tight, hot fomentation followed by light friction with opodeldoc or a little oil, and when the stomach is very irritable give isinglass with the milk, and dilute the latter with barley-water; equal parts of each, and sweetened, form a good drink, and the warm bath relieves thirst. Children are also liable to fever depending upon malaria, and require the same treatment as adults; give two or three grains of quinine to a child as many years old. Bear in mind that remittent fevers of children are invariably accompanied by chest or head symptoms—watch such cases most carefully, and use hot fomentations to the chest in the former class, and never omit cold to the head in the latter, and treat as recommended under bronchitis and inflammation of the brain; should the belly feel hard and tight, rub warm castor oil well in for half an hour.

GOUT.

Symptoms—It attacks small joints, as that of the great toe, is often hereditary, and seldom appears

before thirty-five. A fit generally comes on at night, the skin becomes shining and red, and there is excruciating pain and usually swelling; a chalky deposit may take place in old cases, and the urine leaves a white or pink deposit. Flatulence and acidity generally precede the attack. It occasionally flies to the stomach, which may be due to cold applications. It is known from rheumatism by its seizing upon small joints, and the intense redness.

Treatment—

Dover's powder ten grains,
Calomel three grains,
Antimonial powder two grains,

at night for two or three nights, followed by a senna draught or Gregory's powder in the morning, and during the day—

Nitre fifteen grains,
Spirit of nitre twenty minims,
Laudanum seven minims,
Camphor julep one ounce,

every four hours, keeping the painful part wrapped up in flannel and at rest, and regulating the diet; after the attack, avoid much animal food and malt liquor; drink coffee, or if alcohol in any form be used let it be weak whiskey or gin and water, or Rhenish wine, with aerated, lithia, or potash waters, or Seltzer or Vichy waters; take daily horse exercise, and wear flannel.

GRAVEL.

Causes—A sedentary and luxurious life ; in those with a tendency to gout, long continued indigestion.

Symptoms—Irritable bladder, the urine is high-coloured, and scalds in passing.

Treatment—When red gravel passes, the nitre mixture prescribed for gout, saline aperients, aërated water, vegetable diet, and regular exercise. When white gravel passes, tonics and aqua regia mixture, liberal diet, and change of air. In all cases of gravel take alterative pills and employ warm bathing.

In the passage of gravel from the kidney to the bladder, the pain is horrible, there are constant and urgent calls to pass water, which often contains blood : sickness and faintness may occur.

Treatment—One or two sleeping pills every hour for two doses, barley water, and sweet spirit of nitre ; hot fomentations, and hot baths.

GUINEA WORM.

This worm abounds in the hot and rainy season, and exists in moist earth. By some means (probably during bathing) it effects a lodgment in the skin, sets up irritation after a time, and leads to a blister, which breaking, the worm is seen.

Treatment—Try and draw it out entire, which is done sometimes very cleverly by natives, or roll

it out day by day round a piece of twig or a quill, carefully drawing upon it so as not to break the worm, which is often two or three feet long. Should it not come, apply sal-ammoniac (nawsagar) mixed with syrup or honey to the broken blister, and take fifteen grains in water three times daily, keeping a betel leaf to the opening: carbolic acid solution is also sometimes applied.

HEADACHE

may proceed from various causes.

Treatment—In full-blooded persons it may be due to over-feeding, when live low and take alterative pills, as it may be the precursor of apoplexy; if giddling and beating in the ears accompany the headache, and are not relieved soon, put the feet in hot water and mustard, take aperient pills and senna draught, and apply cold to the raised head. For bilious sick headache take calomel one grain in a little sugartwice a day, for two or three days, and seidlitz in the morning, and if not better in a few hours an emetic. Headache of this kind affects the whole head with a violent throbbing pain. Headache in India usually depends upon deranged nervous system; delicate women suffer greatly from it, especially when weakened by nursing or other drain upon them, and get into a morbidly irritable state; treat this form with chloric ether in a little sherry, or twenty drops

of cholordyne, and regulate the bowels with an occasional alterative pill at night and Gregory's powder in the morning. When the face is pale and the lips white, as in green sickness, take iron with chloric ether and a tonic pill (No. 2) at night. In headache following loss of blood or any great drain upon the system, take sal-volatile, wine, &c. The headache which accompanies indigestion attacks the forehead or temples and is stationary there; this form is attended with nausea, low spirits, and flatulence, and is sometimes due to a confirmed practice of taking aperients, which causes derangement of the stomach, liver and bowels; pay great attention to diet, discontinue tea and take coffee instead, and adopt regular exercise; and alum with Gregory's powder or soda one scruple may do good. Headache may attack those with a tendency to consumption, when try tonics and change of air. In headache which comes and goes at regular intervals take quinine. Headache often attacks those whose minds are harassed or who have overworked the brain; in such cases complete rest and a sleeping draught at night will relieve, and take

Quinine one grain,
Sal-volatile twenty minims,
Water one ounce,

twice a day, and drink weak brandy and water. Headache may depend upon decayed stumps, and require the aid of the dentist.

HYDROPHOBIA

may appear from one month to six or more after the bite of a mad animal.

Symptoms—Uneasiness in the old wound, which becomes inflamed, stiffness of neck, difficulty of swallowing and breathing, the mind miserably desponding, and the body intensely irritable, and there is dread of fluids.

Treatment—After a bite by a rabid animal cut out the whole of the bitten surface as well as the parts around, and apply caustic in stick, or ammonia, to the wound after it has well bled in hot water.

Should hydrophobia occur, there is little to be done beyond trying to soothe the patient. A quiet and darkened room, opium in large doses, inhalation of chloroform, strong soup, wine and ammonia to support the strength, brandy pushed to intoxication, and a draught

Chloric ether one drachm,
Laudanum forty minims,
Camphor julep one ounce,

every hour may be tried.

HYSTERIA

attacks delicate women.

Causes—Indigestion, disorders of menstruation, and nervous debility.

G m h

Symptoms—The patient laughs, sobs or screams, and appears on the point of suffocation ; during a fit the limbs are much convulsed, and there is trembling of the eyelids.

Treatment—Sprinkle cold water over the face, loosen the dress, apply smelling salts with great care, and give small doses of ammonia and camphor ; afterwards regulate the bowels, and give iron and quinine, or iron and chloric ether, and a tonic pill, and an alterative pill at night alternately ; the shower-bath, moderate exercise, generous diet containing port wine, and change of air are useful.

INDIGESTION.

Causes—Relaxing climates, over-feeding, insufficient mastication of the food, alcohol in excess, over-work of brain and under-work of body, and any bad habit which lowers the general health.

Symptoms—Flatulence, acidity, heartburn, hiccup, low spirits, giddiness, weight at the chest, nausea, palpitation, languor, headache, water-brash, emaciation, and disordered bowels.

Treatment—Flatulence.—Avoid pastry, new bread, much vegetable and fruit, and drink weak brandy and water ; essence of ginger in hot water and sugar, peppermint, aniseed, camphor, and Gregory's powder are all useful.

Acidity.—Take alkalies, soda or Gregory's powder, and if there be cramp in the stomach brandy and aërated water; avoid unripe fruits, cabbage, acid wines, &c.

Heartburn.—Take a teaspoonful of sal-volatile in a little water, and a dose of Gregory.

Hiccup.—Occurring in children, try three or four drops of sal-volatile in a teaspoonful of warm water, sugar and aniseed, or a grain or two of soda; a little cold water drank quickly sometimes relieves it.

Low Spirits may be associated with derangement of the stomach, liver, and bowels; attend to the diet; quinine frequently does good, as depression of spirits is often due to malaria. Change of air, the shower-bath, plenty of exercise, an alterative pill every second night, and for women iron and aloes (Pill tonic No. 2) twice daily, are useful.

Giddiness.—A stimulant may stave off a faint.

Nausea, or Vomiting.—Take an effervescing draught, and when the stomach is quiet, kreat and sal-volatile to strengthen it; tonic water is a good drink for the purpose.

Palpitation sometimes alarms, but is usually due to wind; it may attack at night, and will, as a rule, vanish if a draught of sal-volatile and camphor-water be taken.

Water Brash is attended with heat in the stomach, and vomiting of a watery acid fluid. Gregory's powder and peppermint water will relieve, or a little alum or soda in gum-water, or sal-volatile and camphor or chloric ether.

Constipation frequently occurs in indigestion, and requires to be relieved, but the practice of dosing people with pills is denounced, since it is certain to injure the digestion.

Loss of Appetite.—When the stomach has been weakened by alcoholic indulgence, use red chillies for a time to replace the old stimulant, and strong coffee and ammonia are useful; ten or fifteen grains of capsicum may be given twice daily to a confirmed tippler to wean him from the habit; this will act as a stomachic, imparting tone and appetite, and is also useful in diarrhoea affecting drunkards and opium-eaters.

Sleeplessness.—Bad dreams and nightmare are often due to acidity; fifteen grains of soda at bed-time is the remedy.

In indigestion the *liver* is frequently at fault, when aqua regia and kreat form a good combination; the application of the acid to the skin over the liver, and an alterative pill at night for a few times, are also useful.

INFLAMMATION.

Almost every external and internal part of the body is liable to inflammation, which may be general or local.

Causes—Cold, damp, intemperance, neglect of cases that may appear trifling, both surgical and medical.

Symptoms—Pain, heat, redness, swelling and feverishness attend external; pain, fever, and interference with function, internal inflammation. There may be shivering, nausea, thirst, costiveness, dry skin, want of sleep, &c.

Treatment—In the robust bleeding is now and then required, and nauseating doses of tartar emetic or ipecacuanha, but calomel with antimonial powder (two grains each) and quinine with Dover's powder (five grains each) alternately twice daily for two or three days, are the usual medicines. Quiet and a well-ventilated room, cold sponging, light diet, cooling drinks, saline aperients, and effervescing medicines are all of service. In *inflammation of the brain*, delirium and vomiting are the chief symptoms. Apply cold to the shaved head, which should be kept raised; give strong purges of calomel and senna and an enema; apply mustard poultices to the calves, hot water to the feet, use very low diet (water congee or milk and water), and bleeding will perhaps be required; above all preserve rest and quiet, as

insanity may occur. In *heart disease* little can be done beyond hot fomentations to relieve pain, and if dropsy be present, and much thirst and restlessness,

Nitre one scruple,
Spirit of nitre twenty minims,
Camphor julep one ounce,

three times daily ; Dover's powder ten grains at bedtime, and "Imperial" (cream of tartar) as a drink. In chronic inflammation mustard poultices, blisters, liniments, with good friction to the part, alterative pills, and change of air do good.

LABOUR.

Although this is a natural process which does not often require much help from a Doctor, still it is imprudent to attempt to do without one, as complications may arise ; for which reason ladies who are expecting should not venture into the districts, lest by miscalculation or otherwise labour overtake them. A few hints for guidance may, however, prove of use.

The pregnant should take an occasional alterative pill at night, and a dose of Gregory's powder in the morning, and it is well to have at hand powdered ergot of rye, which is an invaluable medicine in flooding accompanying miscarriage, or occurring after labour.

Morning Sickness—Treatment—

Spirit of nitre thirty minims,
Sal-volatile twenty minims,
Water one ounce.

False pains.—Causes—Cold, indigestible food, costiveness.

Treatment—Opening medicine, and warm soap and water enema; and laudanum twenty minims, or Dover's powder ten grains at night.

Miscarriage.—Causes—Violence, as a fall, over-fatigue, or any cause of debility or shock, and all derangements of the womb tend that way.

Treatment—To prevent miscarriage, if the patient be in robust health she should live low, and take gentle aperients during the first few months of pregnancy, restricting herself to passive exercise and avoiding over-excitement and over-indulgence of all kinds. If she be weak, tonics, tepid bathing, rest on the couch, cool air, nourishing and light food, and a little wine daily. When miscarriage is threatening, place the patient on a hard mattress in a cool room, apply cold water to the parts, give cold acid drinks, observe perfect rest and quiet, and give Dover's powder ten grains, or laudanum twenty minims, or an enema of the latter in cold thin gruel. In some cases where bleeding is profuse it may be necessary to give ergot, and to plug the parts with lint or sponge saturated with alum or tannic acid lotion.

Ergot is advised as follows: Mix one drachm and a half of the powder with half a pint of hot water, let it simmer a few minutes over the fire; dose a third part (grounds and all) every quarter of an hour.

Convulsions sometimes occur in lingering labour.

Treatment—Open the bowels with an enema of turpentine and castor oils, apply cold to the head and mustard to the feet, put a piece of cork between the teeth, and if they are due to debility from great loss of blood, give opium and camphor.

Inflammation of the Womb.—Symptoms come on two or three days after labour with shivering, suppression of milk and the “cleansings,” tenderness over the womb, and perhaps vomiting and delirium.

Treatment—

Calomel three grains,
Antimonial powder four grains,

every three or four hours, for a day or two, and effervescing draughts ; and use injections of warm water, hot poppy head fomentations and hot poultices over the belly, turpentine stupe and enema ; turpentine can also be taken internally, one or two dessert-spoonfuls in milk, but opium in the form of the sleeping pill every three or four hours is the main remedy. Meanwhile sprinkle the sick room with carbolic acid solution. When debility is marked, strong soup with “Liebig,” sal-volatile, brandy, and wine, are necessary.

In a cross birth make an attempt to turn the child, and bring its feet down by gently passing the hand along an arm to the body, and along it to the

foot ; if there be much pain, a few drops of chloroform may be inhaled (at first held two inches off the face).

Never tie the cord until the child has cried, and do not pull upon it to bring away the after-birth ; if the latter adhere to the womb remove it with the hand.

Flooding.—Treatment — Apply cold cloths suddenly to the stomach, use cold douche and knead with the hand, give an enema of cold water, inject tannic acid one drachm and cold water one pint, put the child to the breast, bind a well-applied bandage round the body (which should never be omitted after labour), keep the head low ; give two scruples of powdered ergot at once in hot water, and a quarter of an hour after a table-spoonful of turpentine, and laudanum twenty minims, in milk every two hours until the flow stops, and if very weak a table-spoonful of brandy, and, as a last resource, pass the hand into the womb, which may make it contract.

After-pains.—Give Dover's powder grains seven,
or

Laudanum fifteen minims,
Chloric ether thirty minims,
Camphor julep one ounce,

every four hours for two or three doses, and foment with warm water. Every mother should try and suckle her child. Castor oil is the best aperient after labour. New-born babies require little medicine ; if in pain and the bowels are confined during the first

week, two grains of soda in a tea-spoonful of warm water; after the first week three or four drops of sal-volatile or a little castor oil.

Should the patient be very weak during labour, give stimulants in small quantities to assist the effort to expel the child, support the strength throughout with warm conjee, &c., &c., and after delivery, if very exhausted and nervous, give

Laudanum ten minims,
Sal-volatile twenty minims,
Camphor water one ounce,

every four hours.

Milk Fever.—**Causes**—Debility, over excitement, delaying too long to put the child to the breast.

Treatment—

Antimonial wine twenty minims,
Spirit of nitre thirty minims,
Epsom salts one drachm,
Camphor water one ounce and a half,

every four hours. Good air, low diet and rest; and if delirium threaten, cold to the head, hot water to the feet, and mustard to the calves, and foment the bosom if putting the child to the breast do not relieve.

Inflamed Bosom.—**Causes**—Cold, sore nipples, disordered bowels, and debility.

Symptoms—Pain, swelling, and feverishness; diminished flow of milk, and matter may form.

Treatment—Take purgative pills, and salts and senna for two or three days, saline draughts, and Dover's powder at night; rub in opodeldoe, camphor, and laudanum, and if very painful foment and poultice; draw off the milk, and if an abscess form open it, supporting the strength meanwhile with tonics and good living, as these abscesses usually depend upon weakness. Apply plaster to support the bosom, and keep the arm in a sling.

Sore Nipples give great pain in suckling, and may set up inflammation; caustic, alum, or zinc lotion is useful, also the white of an egg, a thick solution of gum or glycerine, and a nipple shield should be worn; those subject to sore nipples should wash them during pregnancy with alum lotion or a little brandy and water.

LIVER

Over-indulgence in stimulants accounts for much of the liver disorder which is so prevalent in India.

Congestion is frequent in newly-arrived Europeans, in whom the liver is more active and bile secreted in large quantity.

Symptoms—A feeling of weight and dull pain on the right side, shooting pain in either shoulder, a dirty brown tongue, and loss of appetite.

Treatment—Mustard poultice, light diet, horse exercise, alterative pills, seidlitz powder, and "Imperial" as a drink will usually rectify this.

Acute Inflammation—Symptoms—Tenderness and enlargement on the right side just below the ribs, cough, pain in the shoulder, and feverishness ; sometimes vomiting, jaundice, and inability to lie on the left side.

Treatment—Begin with Dover's powder and calomel each five grains at night, and a senna draught in the morning, and afterwards hot fomentations, saline aperients, Gregory's powder, calomel in small doses combined with antimonial and Dover's powders, twice a day for two days, then omitting the calomel and substituting quinine ; light nourishing food ; if there be much pain on drawing a breath, occasionally bleeding by leeches.

Bilious Attack.—Causes—Over-feeding, intemperance, or want of exercise.

Symptoms—Nausea and vomiting, sometimes purging ; the whites of the eyes have a yellow tinge.

Treatment—Take effervescing draughts containing a few drops of laudanum, antimonial powder and calomel, for a day or two, and use mustard to the stomach if vomiting continue. Should exhaustion be great, sal-volatile ; if the stools become dysenteric the anti-dysenteric pill.

Jaundice.—Causes—Disease of the liver, a gall-stone, overfeeding, and a sedentary life combined, and pregnancy.

Symptoms—White stools, a bitter taste in the mouth, and vomiting of bile.

Treatment—Take an alterative pill for a few nights, followed by seidlitz powder or salts in the morning, a dose of Gregory's powder twice daily, and sometimes an emetic does good, and hot stupes over the liver.

Chronic Inflammation.—Constipation, pain in the right shoulder, dry cough, low spirits, and sometimes dropsy.

Treatment—Alterative pills, saline aperients, cream of tartar, tepid bathing, use of flannel clothing, turpentine stupes over the liver, aqua regia bath or lotion, the same acid internally, and sometimes blistering. In many cases sal-ammoniac in scruple doses three times a day is highly serviceable. It may be associated with malaria, when take quinine and aqua regia mixture, and tonic pills; change of air is of great use. If shivering occur during inflammation with much fever and throbbing pain, **abscess** may be feared, when give generous diet, quinine with acid, Dover's powder and wine.

Gall Stones—Treatment—Hot fomentations, aqua regia bath, and opium pills.

Persons suffering from disordered liver should be careful in diet, and avoid beer; horse exercise is very beneficial, as it shakes up the organs, and daily friction over the liver is of great service.

LOCKED JAW.

Causes—Wounds usually ; in bad constitutions a slight injury may bring it on, especially in the rains ; or it may be set up by the action of cold, more especially at night during sleep.

Symptoms—Spasms of various muscles, stiffness of the neck, difficulty in breathing and swallowing, distorted face and closure of the mouth ; it is generally fatal before the fourth day.

Treatment—Foment the wound with hot water and laudanum, and if there be swelling cut into it ; give turpentine and castor oils both as a draught and as an enema, brandy and water enough to intoxicate, opium and chloroform, strong soup and “Liebig,” and keep the room quiet and darkened. If the mouth be quite shut, give food by enema, and during a fit let the patient inhale chloroform.

LUNGS, INFLAMMATION OF.

Causes—Neglected colds or cough, sudden chills when very warm, or malaria may cause it in the weak.

Symptoms—Shivering, fever, pain in the chest, hurried breathing, cough, at first dry with scanty expectoration, which increases and becomes reddish.

Treatment.—In most cases give

Quinine five grains,
Antimonial wine twenty minims,
Water one ounce and a half,

every four hours, and

Calomel two grains,
Dover's powder seven grains,
Antimonial powder three grains,

two or three times daily for two days. Use the warm bath, or put the feet in hot mustard and water, and a large linseed meal poultice to the chest. Support the strength with strong broth, and should great exhaustion occur, sal-volatile, camphor and wine, or brandy will be required; the patient should be kept in an equable temperature. If the acute inflammation does not subside entirely but passes into the chronic form, mustard and turpentine to the chest, an alterative pill at night, tonics and change of air are the remedies.

Pleurisy.—Inflammation of the covering of the lungs.

Symptoms—Pain on drawing a breath, as well as strong fever.

Treatment—Hot fomentations, antimonial wine with quinine and sweet spirit of nitre, and

Calomel two grains,
Dover's powder eight grains,

three times a day for a day or two.

If the cough be troublesome, a little ipecacuanha wine and paregoric or cough pills. Generous living and blisters should the disease become chronic.

MEASLES

Is a contagious and eruptive fever, which attacks most persons once during their life.

Symptoms—At its onset it resembles an attack of cold accompanied by feverish symptoms, cough, sneezing, hoarseness, affected breathing, running from the eyes and nose, and nausea ; on the fourth day little red points like flea-bites appear at first on the face and chest ; the fever increases when the eruption comes out, and inflammation of the chest may occur. Severe diarrhœa often sets in when the skin peels off.

Treatment—Confine the child to a room of warm and equable temperature, give saline aperients, cooling drinks, doses of antimonial powder, and light diet. If the chest become much affected give tartar emetic in nauseating doses, but great caution is requisite, as children do not bear much lowering. Sometimes the warm bath does good, and blistering fluid applied to the chest just above the breastbone to a space the size of a rupee.

When the cough and hoarseness are troublesome, barley-water with gum dissolved in it is a good drink, and ipecacuanha wine and spirit of nitre. If the eruption suddenly disappear, give warm wine and water, sal-volatile, and use the warm bath, and mustard to the feet and calves.

The steam of hot water relieves the eyes and stuffed nostrils. Should diarrhœa occur give Dover's powder.

During convalescence great care is necessary to guard against cold. Those attacked with measles should be kept quite apart from others.

MENSTRUATION.

The discharge makes its appearance in young girls from the age of thirteen to fifteen, and great care is necessary to guard against cold and damp, as a sudden chill may check the discharge and result in serious harm.

When the discharge has been checked in the delicate, the face is pale and the various secretions deranged.

Treatment—A tonic pill (No. 2) twice a day, an alterative pill at night and Gregory's powder ten to fifteen grains in the morning, good diet, and the warm hip-bath for the delicate, but for the robust low diet and aperient pills. If acute pain attend the discharge, and vomiting, diarrhœa, and heat in passing water, take antimonial wine, laudanum, and aperients, and use the hot bath.

When the discharge is excessive, in the robust there is headache and strong fever; in the weak, paleness and hurried breathing; for the former, perfect rest, aperients, cold astringent lotions, and cool-

ing drinks are required ; for the latter, quinine and iron, or iron and chloric ether and wine.

Women who have borne many children and had tedious times, sometimes suffer thus ; it may also arise from miscarriage, over-indulgence, constipation, tight lacing, &c.

Green Sickness occurs in young girls ; it is due to deranged functions of the womb.

Symptoms—Palpitation, pain in the back, indigestion, and weakness.

Treatment—Iron and aloes pills, gentle aperients, good diet, exercise, and change of air are beneficial.

Whites.—Causes—Abortion, hot climates, green sickness, and debility.

Symptoms—The stomach and bowels are disordered, and palpitation is usual.

Treatment—The same as for green sickness, with cold lotion, of alum and zinc, and cold bath.

MUMPS

Usually proceeds from cold, and the disease is sometimes epidemic.

Symptoms—Great pain, swelling of the glands, and feverishness.

Treatment—Foment with hot water and put hot flannel to the part, give mild aperients, cooling

medicines and drinks, and low diet. If the inflammation suddenly disappear, and the brain, testicle, or bosom be attacked, foment and stimulate the glands of the neck with mustard and hot water; and when the pain has subsided rub the part with opodeldoc.

NEURALGIA.

Causes—Malaria, irritation of a nerve—as in toothache, debility from loss of blood or other discharge.

Tic Douloureux.—**Symptoms**—The pain begins just below the eye, and may spread over the face and head; it is often agonizing.

Treatment—Take quinine and iron, and alterative pills, the diet should be liberal, including one or two glasses of port wine daily. Sometimes a blister the size of a shilling will relieve, also cold douche to the head, and a sleeping draught at night.

Sciatica.—**Symptoms**—Sharp pain in the buttock and the back of the thigh.

Treatment.—Use the warm bath, and friction with oil and camphor, and take aperients and nervine tonics—as iron and quinine, or iron and chloric ether.

Toothache.—**Treatment**—Lance the gums and apply cotton wool with laudanum or chloroform, and take an aperient pill with Gregory's powder to correct acidity. Sometimes a large dose of quinine

does good, and Dover's powder at night ; hot brandy and water held in the mouth may answer, also camphor and chloric ether mixed with tannic acid and applied.

NOSE-BLEEDING

Is sometimes a relief to the system, but if it continue long must be stopped.

Treatment—Cold water to the head and face, sudden cold to the spine, sniffing at sal-volatile or tannic acid ; lint soaked in a solution of alum and stuffed into the nostril, and the arm of the bleeding side kept raised. Should these measures fail mix tincture of iron and sweet spirit of nitre, two drachms of each, and inject.

PALPITATION.

Causes—Strong excitement of the mind, over-exercise of the body, loss of blood or other cause of great debility, stimulating drinks and immoderate smoking ; it is a symptom of consumption, also of hysteria, and is common in young girls who suffer from derangements of the womb, and in women at the change of life ; convalescents from wasting disease are also subject to it, and dyspeptics who are much troubled with flatulency, in whom it is increased at night.

Symptoms—A feeling of sinking at the heart, and in some cases fainting.

Treatment—When there is fulness of habit, low diet ; rest of body and mind must be insisted on ; and take the following draught—

Antimonial wine twenty minims,
Nitre fifteen grains,
Camphor julep one ounce.

In persons whose health is delicate, good nutritious food, iron and chloric ether ; moderate exercise, cold or shower bath, and change of air are useful. A good combination in these cases is dilute sulphuric acid and laudanum.

PILES.

Causes—A sedentary life, hard horse exercise, costiveness, pregnancy, strong purges, cold, damp, and tight stays ; they are also connected with disease of the liver.

Symptoms—Pain in the back and thighs, irritation of the bladder, heat and straining in passing stools.

Treatment—Take mild aperients, as cream of tartar and sulphur, and an alterative pill for a few nights if they depend on the liver. Pay great attention to cleanliness, and apply zinc or alum lotion. The method of injecting a pint of cold water night and morning is very efficacious in curing piles.

Inflamed Piles.—Take calomel and Dover's powder at night, and a dose of castor oil in the morning; use warm poppy-head fomentations or

Laudanum one drachm,
Water four ounces.

Rest and low diet must be observed, and surgical aid obtained as soon as practicable. If much blood be passed, in the weak give iron and quinine, and use cold astringent lotions of alum or tannic acid—iron lotion is also very useful.

Chronic Piles.—**Treatment** -- When the bowel is relaxed, Bazaar Cubebs (powdered) half a drachm twice a day in water, or a tea-spoonful of honey, with black pepper grains ten, and a few caraway seeds.

QUINSY, OR INFLAMMATORY SORE THROAT.

Causes—Cold, damp, over-exertion of the voice, or cold drinks when the body is heated.

Symptoms—Fever, hoarseness, difficulty of swallowing, and suffocative breathing.

Treatment—Take aperients and nauseating doses of tartar emetic; use warm poultices to the throat, and inhalation of the steam of hot water. Should it commence with a common cold, employ the treatment for catarrh. In very acute attacks when breathing is difficult, and in some chronic cases, use a solution of caustic, grains five to water one ounce—thus, tie a

small piece of sponge tightly to a thin stick, dip it in the solution and apply it inside the throat. As this disease is very liable to recur, care is necessary to guard against its causes.

Sore throat may sometimes be checked by applying a little camphor outside, or a cold-water bandage. The following is a good gargle for cutting short a quinsy or for relaxed sore throat—

Red pepper two drachms,
Boiling water one pint;

let it stand for four hours, then add

Vinegar half a pint,
Common salt one tea-spoonful.

RHEUMATISM.

Causes—Cold, the application of damp, east wind, &c.

Acute form.—**Symptoms**—Shivering with inflammatory fever, then one or more of the large joints become painful, the tongue white, the bowels confined, the skin perspires profusely, and the urine is high-coloured.

The pain becomes much aggravated at night; the disease sometimes suddenly leaves one joint and flies to another; the acute often ends in chronic rheumatism. In some cases the disease extends to the heart, when palpitation, difficulty of breathing, and usually pain are present.

Treatment—Give small doses of calomel, antimonial powder, and Dover's powder at night for two or three times; if there be much restlessness the following draught three times daily—

Epsom salts one drachm,
Nitre half a drachm,
Laudanum seven minims,
Water one ounce and a half.

Live low, wrap the joints in cotton wool and flannel, and keep the patient warm and at rest. Lemonade and "Imperial" are good drinks, also half a drachm of soda in half a tumbler of aerated water, or seidlitz every morning. Lithia and potash waters are very serviceable in rheumatic cases.

Chronic form.—Symptoms—The pain does not change about from joint to joint, but is as a rule fixed, in parts left weak after an acute attack.

Treatment—Apply blistering fluid near the joint, use gentle friction with grass oil and opodeldoc, and take

Calomel three grains,
Dover's powder ten grains,

at night, and a dose of Gregory the following morning. Keep the joints warm in flannel. Should there be pain at the heart, give

Antimonial wine thirty minims,
Quinine five grains,
Water one ounce and a half,

every three hours, and a sleeping pill two or three times daily, and put a blister over the heart.

Lumbago.—**Symptoms**—Sudden and settled pain in the muscles of the small of the back.

Treatment—Warm bath, rest, flannel, friction with opodeldoc, and

Twice *4* Dover's powder five grains,

Sal-ammoniac ten grains,

three times daily.

SCURVY.

Causes—Depressed spirits, malaria, poor monotonous diet, or one in which vegetables are insufficient, cold and privation.

Symptoms—The gums are swollen, spongy, and readily bleed; an eruption of dark purplish spots often occurs on the body and legs, also bleeding from the nose, the limbs ache, and symptoms of general debility are present.

Treatment—Let the diet be nutritious and mixed, containing milk, underdone meat, beer, pickles, and a large proportion of vegetables, as potatoes, cabbage, onions, &c.; and fruits, as limes, oranges, &c. Take aperients and tonic pills or tincture of iron; attend to the general health in regard to bathing, exercise, ventilation, and clothing.

Night-blindness may occur amongst other proofs of weakness.

Use the following wash to the gums when loose and spongy:—

Borax one ounce,
Honey two ounces,
Water half a pint.

SKIN, DISEASES OF.

Chafing in Children.—Treatment—Use tepid milk and water as a wash, or a weak zinc or alum lotion (one grain to one ounce). Starch is also a good remedy in excoriations and abrasions.

Prickly-heat.—Treatment—Take a mild aperient, as cream of tartar; use limejuice or Rimmel's toilet vinegar as a wash. Avoid warm drinks, cold bathing, and spirituous liquors. An alkaline lotion of soda one drachm to water one ounce may relieve it, or a tepid bath containing a handful or two of borax.

Ringworm.—Symptoms—A circle of pimples which may appear on any part of the body; the discharge is very irritating and spreads the disease; sometimes a thick crust covers the scalp and the hair falls off; it attacks scrofulous children.

Treatment—If on the head cut off the hair, and apply a poultice to soften the scab, and afterwards a weak lotion of caustic (grain one to water four ounces), and give Gregory's powder and tonics. Goa powder can be procured from the chemist, and given.

Cleanliness is of the first importance, and Calvert's carbolic acid soap (strength 20 per cent) should be used for washing in this and other skin diseases.

Scald-head may attack the head and face.

Treatment—Shave the head and wash it with soft soap and water, afterwards apply a caustic lotion half a grain to one ounce, and give aperients and a tonic.

Nettle-rash.—Causes—Usually some article of diet which has disordered the stomach, as fish, cucumber, tainted meat, &c.; in some persons a cold bath.

Symptoms—Giddiness, nausea, and chilliness, the skin is covered with wheals, and in some cases the breathing is difficult.

Treatment—Take an emetic of mustard in warm water, afterwards seidlitz powder, or the following draught :—

Epsom salts one drachm,
Nitre ten grains,
Peppermint water one ounce.

Let the diet be low, such as milk, &c., dust violet powder on the itching parts, and keep the patient in bed until the eruption and feverishness have disappeared.

Itch.—Causes—Neglect of cleanliness, and contagion. The disease is noticed as it is common among natives, and ayahs or other servants may get and spread it.

Symptoms—Watery pimples which appear between the fingers and in the bend of the joints, but which soon contain matter instead of water; great itching, more especially when warm. The disease is highly infectious.

Treatment—Take as an aperient a tea-spoonful of sulphur in milk, and rub in an ointment of one part sulphur and two parts fresh lard; use hot baths, and pay great attention to cleanliness. Burn the clothes worn during the disease.

SMALL-POX.

Symptoms—Feverishness, pain in the back, drowsiness, and sometimes convulsions in children.

In about forty-eight hours the eruption shows itself, first on the face, and then the fever abates. On the sixth day difficulty of swallowing and hoarseness are present; by the eighth, matter has formed, and there is great swelling of the face: the eyes are often closed; about the eleventh day the swelling of the face subsides, and attacks the feet and hands; after this the scabs fall off. There are two kinds of small-pox, one in which the eruption is scattered, and another in which it runs together. In the latter the fever is far more severe, and increases up to the time when the pimple is fully formed. Diarrhœa and delirium are sometimes present, the swelling is greater, and the pitting left is much deeper.

Treatment—Give an emetic of ipecacuanha at the onset, followed by a purge containing calomel. If the fever be inflammatory, antimonial wine and powder, low diet, cooling drinks, saline aperients, a well-ventilated room, sprinkled with disinfectants, and tepid sponging. If the fever be low and the patient very weak, give ammonia, camphor, and other stimulants; quinine, good nourishment, and opium if there be extreme irritability; apply cold cream to the eyelids if they are much swollen.

To prevent pitting, the pimples may be pricked with a fine needle, and the discharge soaked up by soft cotton wool. If the patient appear to be sinking, wine, brandy, and quinine in ten-grain doses are necessary. Effervescing draughts with a few drops of laudanum added will usually allay vomiting.

If the eruption suddenly disappear, apply mustard to the calves, and cold water to the head while the body is in a warm bath.

Small-pox as a rule attacks only once in a lifetime; it is both contagious and infectious. Many serious diseases may follow it, as diseased hip-joint, consumption, ophthalmia, and abscess.

Should delirium come on, apply mustard to the calves and cold to the head, and use the warm foot bath; if diarrhoea be urgent give chalk powder.

Every one travelling about should make it a solemn duty to impress upon all the immense import-

ance of vaccination, either direct from the cow or otherwise.

SUN-STROKE.

Causes—Great and continued heat acting on a person weakened by tropical residence, malaria, fatigue, bad air, &c. The warning signs are checked perspiration, frequent calls to pass urine, thirst, confined bowels, giddiness, nausea, loss of sleep, and great weakness; the attack often takes place at night.

Symptoms—Hot dry skin, hurried breathing, pale face, eyes turned up, and insensibility with or without convulsions.

Treatment—Place the patient, stripped, in a current of air, and apply freezing mixture (if there be no ice) to the shaved and raised head, spine, chest, and belly, and use cold douche to the same parts, blistering fluid to the back of the neck, mustard to the calves, and a turpentine enema. If the patient can swallow, give cold brandy and water or sal-volatile, put a ten-grain dose of calomel on the back of the tongue, which can be washed down with strong tea, and give ammonia ten minims in a wine-glassful of water every twenty minutes until sensibility be fully restored. In some cases great benefit is derived from applying a pulp made of tamarind fruit and cold water to the shaved head.

TEETHING

Is often attended with disorder of the bowels, and convulsions may occur if there be great irritation.

Symptoms—The gum is painful and swollen, and feels hot to the touch; there is sometimes great restlessness and a disinclination to take the breast.

Treatment—If the fever be slight, rubbing the gums may suffice, but if there be much inflammation, lance them; the bowels require careful attention, and if the motions are bad give calomel and Dover's powder, half a grain of each twice a day for two days. Should lancing be necessary, make the incision down to the tooth—it is not a painful operation, and may stave off a fit—and keep cold to the head; a hot bath at night often soothes restlessness.

Cold ^{water} douche to the head several times daily does good.

In **Red Gum** give a few grains of Gregory.

For **Eruptions** occurring during teething give calomel half to one grain in sugar twice a day, and add lime-water to the milk.

THRUSH.

Causes—Improper food, derangement of the bowels, acidity, impure air, and any cause of debility.

Symptoms—An eruption of small white spots inside the mouth, sometimes extending to the stomach and bowels, in which case the child vomits, is fretful, and refuses the breast; its motions are bad, there is generally a good deal of fever, and the mouth is hot and painful.

Treatment—Apply milk and water, barley-water, solution of gum, and

Honey one ounce,
Borax one drachm,
Water half a pint,

*Hazlelin
1/2 drachm*

or a lotion of alum to the month; give salines and Gregory's powder, castor oil occasionally, and use the warm bath. If the milk appear to disagree it should be changed. This disease may lead to great prostration: it more frequently attacks children brought up by hand; it also occurs in consumption, when tonics and stimulants are required.

ULCERS.

Causes—Neglected excoriations of the skin in bad constitutions.

Inflamed Ulcers.—Symptoms—Pain, the skin around is inflamed, and the discharge is dark-coloured.

Treatment—Put on a poultice with laudanum, and take cooling aperient medicines and a sleeping draught at night, and keep the part at rest until it heals.

Healing Ulcers are red and have a yellow discharge. Apply a little dry lint, or lint moistened in water.

Indolent Ulcers are pale, when take tonics and good nourishment, and use zinc, weak caustic, or carbolic acid lotion.

Ulcers in the leg with enlarged veins require a bandage to give support. Should there be proud flesh touch it with caustic.

URINE RETAINED.

Causes—Cold and moisture, excess in drink, especially champagne ; stricture.

Symptoms—Fever, pain and straining may occur ; the spasm comes on usually at night.

Treatment—A hot bath, purgatives, and laudanum. Sometimes tincture of iron, minims ten, every ten minutes, sitting in a hot bath, an enema of starch and laudanum, and inhaling chloroform may overcome the spasm. The patient should drink freely of linseed tea in this and in all diseases of the urinary organs. For **Stricture**, surgical aid will be required. For discharge from the urethra, with scalding, soft bland drinks, milk, barley-water, or linseed tea, the avoidance of stimulants, and

Nitre half a drachm,
Epsom salts one drachm,
Cubebs (powdered) two drachms,
Water two ounces,

three times daily; when the discharge becomes thin and there is no scalding, cold douche, and

Tincture of iron fifteen minims,
Chloric ether twenty minims,
Water one ounce,

three times daily.

WEANING.

Weaning Brash.—Symptoms — Frequent bad green motions, wasting, fever, and sometimes constant vomiting.

Treatment—Give calomel half a grain in sugar three times daily for two or three days, until the motions look healthy; get a wet nurse at once if possible; should circumstances prevent this it will be necessary to pay great attention to the child's food, which should be given in small quantity and often, as long as the child remains weak. Do not wean a child for the first year unless obliged to do so. Should the mother's milk fail, provide an Almah if possible; a child weaned early is more likely to suffer from disorder of the bowels caused by indigestion, as weaning brash and other diseases.

If artificial food must be given, "Liebig's" is a good form; a little chicken broth thickened with corn-flour or sujee given once a day in addition to the milk often agrees with children after the seventh or eighth month. When children are fed from a bottle great care is necessary to keep the bottle and tubing

clean. Milk previously boiled digests more readily than fresh milk. If the milk used for a child disagree with it, dilute it with water and add isinglass. Should there be acidity mix lime-water with it.

WORMS.

Of intestinal worms there are three principal kinds : the thread-worm, which is the most common ; the round worm, and the tape-worm. Worms are very frequent and troublesome in children, especially when the general health is out of order.

Causes—Debility, unwholesome food, as unripe fruit, and too much sweet stuff.

Symptoms—Swelling of the belly, and pain ; unnatural appetite ; grinding the teeth, picking the nose, unhealthy-looking stools, fever, emaciation, and sometimes convulsions.

Treatment—For **Thread Worm** give purges of calomel, iron, and quinine, and use injections of common salt or tincture of iron in water.

For **Round and Tape Worms** oil of turpentine in half-ounce doses or less, according to age, followed by castor oil.

In giving turpentine to children under five years of age a tea-spoonful is sufficient, and it may be taken in milk or gruel ; give tonics, and at night alterative doses of calomel with Gregory's powder ; and good

common salt is very useful, of which always mix a fair quantity with a child's food. Worm tablets can be obtained if required, or santonine lozenges.

The following is useful in tape-worm : Pomegranate fresh bark boiled in a pint and a half of water down to half, and give a wine-glassful for a dose three times a day for two days, followed by castor oil if it do not operate.

CHAPTER III.

ACCIDENTS: THEIR SYMPTOMS AND TREATMENT.

Of the various ills to which all are liable none call for so much self-possession and prompt action as accidents. Under the different heads a short description of the more common will be found, with a few practical hints, so that in the absence of a Surgeon something may be attempted by those left to their own resources. Bear in mind that the golden rule is to preserve calmness, when a little knowledge will go further than much in one nervously alarmed, and as it were for the time mentally paralysed. Bring common sense to bear, and avoid being too officious and over-anxious. Weigh well the circumstances, act for the best, as far as you know, and leave the rest to nature.

**BLEEDING OR WOUNDS OF BLOOD-
VESSELS.**

Wounds of arteries are highly dangerous, those of veins usually less so. The former carry bright red blood, the latter dark-coloured.

Symptoms—Blood is known to be escaping from an artery by its vivid appearance, and by being thrown out in jerks.

Treatment—If a small artery has been partially cut, and the bleeding from it cannot be checked, the vessel should be quite divided; the two ends then retract and the flow is often stopped. In the event of a large vessel being wounded, make constant pressure with the fingers above the point from whence the blood is flowing. If the wound be in a limb, apply several layers of lint (small over the point and increasing in size, with a thin piece of wood on the top to keep them firm), then bandage the limb and keep it raised. A good ready method is to tie a handkerchief round the limb with a stone in it over the bleeding spot, and twist it tight with a stick. When the vessel is small, cold alum lotion, freezing mixture, or tincture of iron, may answer; the food should be nourishing but not stimulating, unless great loss of blood has occurred, when give brandy and opium, and keep the patient perfectly quiet. If the bleeding vessel can be seen, tie it above and below the bleeding point,—the artery is usually on the inner side of the limb. The flow of blood ceasing will show when the fingers have hit upon the vessel. If the bleeding be from a vein, do not press above the wound but over it only, and lie down if it be from a vein in the leg.

BRUISES.

Treatment—To a simple bruise apply some kind of spirit, and keep the part cool and at rest. Afterwards use opodeldoc, laudanum, and camphor. In severe cases take low diet and aperients. Matter

may form and require poulticing. In the state called "black and blue" cold douche does good. When the testicles or bosom are bruised by a blow, vomiting may occur; take a dose of sal-volatile or brandy at once, and apply, if possible, ice to the part, or the freezing mixture, and afterwards take seidlitz powder and low diet. Half an ounce of glycerine and one drachm of powdered borax in four ounces of water is a good application when the skin is broken; if cold applications are uncomfortable, use warm vinegar and water. Carbolic acid lotion, and poppy-head fomentation if there be much pain, are other remedies.

BURNS AND SCALDS.

Symptoms—Extensive burns produce a great shock, the skin is pale and cold, and the breathing laboured, pain is severe, but its absence is a bad sign, and so is shivering.

Treatment—In simple burns and scalds, dust flour over the injured parts; in severe cases soak lint in lime-water and oil equal parts, or in the latter alone, and place it over the burn, which cover with cotton wool and leave for two or three days, the patient being kept quite warm and allowed good diet and stimulants, opium to allay pain, and a gentle aperient. When the first dressing comes away, dust a little powdered starch or alum over the part, which then strap with diachylon; or before this, if much pain be

complained of, apply a poultice of bread and milk : throughout, the air should be excluded. In very bad cases tepid turpentine may be tried. Be very careful not to strip off the skin when the clothes are removed. In scalds of the hand or foot put the limb in hot water and keep it in for half an hour, adding more hot water as the first cools ; afterwards apply scraped potato or vinegar. If blisters form, prick or cut them with scissors.

CUTS.

Treatment—In a simple cut cleanse the wound from dirt or clotted blood by sponging, and as soon as the bleeding stops bring the two cut edges together with sticking-plaster, leaving enough room between the strips of plaster to allow the discharge to escape. Cold water will usually stop bleeding, and tannic acid or galls rubbed in will not only act thus, but also bring about a more rapid union. If from the bright red colour of the blood and its escape in jerks, it is clear that an artery is wounded, bind up tightly and apply pressure by a pad of lint above and over the spot. A thick solution of gum spread on coarse paper is a good substitute for plaster. In all cases low diet and aperients are required. In some cuts, when the wound is gaping, a fine needle and thread can be passed through its sides and tied in a reef-knot.

If cut by glass, look very carefully for fragments and remove them.

DISLOCATION.

Symptoms—When a bone is put out, the two leading symptoms are deformity and loss of motion. Dislocation is known from fracture by the absence of the grating noise which takes place when the two ends of a broken bone are rubbed together ; by the bone not being freely moved ; by comparing the length of the sound limb with the injured one, which in a fracture is usually shorter ; and lastly, if a broken bone be drawn straight it will not keep so unless fixed by splints, but when a dislocated bone is pulled into its place it will remain there.

Treatment consists in fixing the part from which the bone is displaced and pulling upon the opposite point. Success may follow the attempt, and the bone slip into its socket with a snap. Should it do so, maintain perfect rest, otherwise the bone may again get out of joint. Foment and give opening medicine. Early treatment is required in these accidents, before the bone is firmly fixed in its new position. It is a good plan to divert the attention of the patient while making an attempt to reduce the dislocation, and a warm bath is sometimes useful by relaxing the muscles.

Dislocation of the Jaw may be caused by a blow during yawning ; the mouth remains open, and the chin is thrown forward.

Treatment—Fix the head, wrap a thin handkerchief round the thumbs, press them firmly on the gums behind the back teeth of the lower jaw, and at the same time with the fingers raise the chin, or place two sticks between the grinders and use them as levers against the upper teeth to depress the lower; chloroform may be given.

Dislocation of the Finger can be replaced by pulling upon a piece of tape fastened round the finger by a knot (the clove hitch).

Dislocation of the Shoulder.—Symptoms—Flattening of the shoulder, numbness of the fingers; a lump can be felt in the armpit, and the elbow sticks out.

Treatment—Tell the patient to lie down, and put your heel (bootless) into the armpit, press outward and pull steadily upon the arm.

Dislocation of the Elbow.—Symptoms—The arm is bent at a right angle, and cannot be straightened.

Treatment—One person should hold the upper part of the arm and another should pull at the wrist; after the bones are in their place the arm should be kept bent, and in a sling for a fortnight; sometimes suddenly bending the elbow answers.

Dislocation of the Hip.—Symptoms—Shortening of the limb, and the great toe points inward.

Treatment—Place the patient on his back, and with both hands pull on the ankle while the heel is pushed into the crutch, and draw the leg across the opposite thigh. A large towel may be passed round the patient's thigh and the neck of an assistant, who should at the same time pull and lift the bone into its place.

Dislocation of the Ankle inwards—Symptoms—There is a hollow on the outer side, and the sole of the foot is turned out.

Treatment—Pull, and when the bone is in its place, put on splints as for fracture of the leg.

DROWNING.

Treatment—Turn the patient on the face to let the water run out of the mouth, with the head lower than the body ; wipe the mouth and nostrils, strip off all clothes, dry the body and wrap it up in warm blankets ; rub the body well, using friction over the heart ; put hot-water bottles in the armpits and to the calves and feet, and tickle the throat and nostrils with a feather ; place the patient in the sun (taking care of the head), and if there be any gasping for breath immerse in hot water up to the neck and dash cold water in the face. If there be no perceptible breathing, turn the patient on the side and a little beyond, then on the face again, about twenty times a minute ; when on the face, press between the shoulder blades, and let one of the arms support the forehead ;

try this for three or four minutes, and if not successful, place the patient on the back with the head and shoulders a little raised, draw forward the tongue and retain it so with a piece of tape; see that all clothing is off; stand at the head, take hold of the two arms above the elbows and lift them above the head, and keep them stretched upwards whilst you can count two, then let them down and press them against the sides of the chest. Repeat this double movement fifteen times a minute and persevere for some hours; and should breathing be restored, give hot coffee with some brandy in it, and keep the patient warm.

The great points are (1) wipe the mouth and nostrils dry; (2) turn the patient on the face, which should be lower than the body, to let the water run out; (3) see that the tongue is drawn out; (4) preserve warmth; (5) use one or other mode of artificial respiration described above.

FRACTURE.

Symptoms—Pain, shortening of the limb, loss of motion, and grating when the broken ends are rubbed together.

Treatment—The great points to remember are to bring the limb to its natural position and length, and to keep it so by maintaining perfect rest. Union will then usually take place, which is due to a fresh deposit of bone, and requires one or two months

to effect a cure. Hold the upper end of the broken bone firmly, while the lower is gently but resolutely extended to its natural length, and when the two broken ends are in contact, bandage the whole limb (bandages should be clean, smooth, and evenly but not too tightly applied), and apply extempore splints, that is, some apparatus to prevent movement and to keep the ends of the bone in place. Splints are generally made of wood, shaped to the limb; pasteboard softened in hot water may be substituted. This can be moulded to the form of the limb, and will, when dry, maintain its new shape. If splints of wood can be contrived, which should by all means be attempted, place pads between them and the skin: these may be made of linen or flannel with cotton wool, tow, or some soft material enclosed. There is what is called the straw splint: it is made by filling a linen bag of the required length for the limb with unbroken straw; the bag is then sewn up and applied to the part; or in an emergency straw can be rolled up in layers in a pocket handkerchief. If swelling occur, loosen the apparatus. In cases of fracture give an aperient, and a few drops of laudanum if the pain be very severe. In fracture, as in dislocation, if the skin be broken, the accident becomes what surgeons call compound, whereas when a bone is broken without external wound it is termed simple. When either fracture or dislocation occur out of doors, keep the patient on the ground until some means can be de-

vised to carry him home as comfortably as possible ; place the apparatus used, a door or whatever it may be, alongside him, and gently shift him on to it without raising him into the upright posture. The sensible course would be not to make use of a vehicle, as the jolting might be dangerous, but to take him home by hand in the best way practicable.

BROKEN RIBS.

Symptoms—Sharp pain upon drawing a deep breath, and grating may be felt and heard if the hand be placed on the injured spot and the patient cough.

Treatment—Bind a broad flannel roller, half a foot wide and about six yards long, tightly round the chest, and keep it up by a tape passed over the shoulders and stitched to the roller. If there be difficulty of breathing, and perhaps spitting of blood, preserve perfect rest, and give antimonial or ipecacuanha wine with paregoric.

Broken Collar-bone.—**Cause**—Usually occurs from a fall, and takes place at about the middle of the bone.

Symptoms—The shoulder is flattened, the inner half of the bone projects, and the arm is helpless.

Treatment—Place a large pad in the armpit, keep the arm well raised in a sling, and pass a bandage over both shoulders (crossed behind) which can hold the pad in the armpit, and bind the arm to the

side on which the bone is broken. Union will take place in about five weeks.

Broken Arm above the Elbow.—Symptoms—The arm is helpless, there is shortening, and grating may be felt.

Treatment—Put the arm up in four small well-padded splints, one on either side and one in front and behind, keep the forearm bent at a right angle in a sling (leaving the elbow out of it), place a pad in the armpit and confine the arm by a roller to the side.

Broken Arm below the Elbow.—Symptoms—As above.

Treatment—Keep the arm bent at the elbow as in the previous injury, extend the forearm to the same length as the other, and place one wide well-padded splint on the inner side from the elbow to the tips of the fingers, and another on the outer side from the elbow to the back of the wrist, keeping the thumb uppermost. Five weeks are required for repair.

Broken Thigh.—Symptoms—Shortening of the limb, the foot turned out, pain and grating.

Treatment—Extend the limb to the proper length and apply a well-padded long splint—from the armpit to four inches beyond the sole of the foot on the outer side of the limb, which should be first bandaged.

The splint should be firmly fastened to the ankle and the rest of the limb by a bandage, and to the chest as well; about seven weeks are required for repair.

Broken Leg.—Treatment—Place a long splint on either side from above the knee to below the ankle fastened with a bandage, keeping the great toe in a line with the inner edge of the kneecap; about six weeks are required for repair.

In compound fracture apply lint dipped in the blood over the wound, give opium, keep the limb in as good a position as possible by splints, and apply cold (if comfortable) to the patient; if the injury be extensive and the shock great, use warm applications and wrap the limb in cotton wool.

GUN-SHOT WOUNDS.

These injuries are attended with a great shock.

Treatment—Give a stimulant (wine or brandy) at once. If the patient has to be carried great care is necessary to check the flow of blood (*see* Bleeding). Apply lint to the wound; cold water is the best application, unless it cause shivering, when use warm water and opium to allay pain. After the shock has passed off give low diet, antimonial salines and aperients, with Dover's powder at night, and preserve rest.

Gun-shot Wound of the Head.—Treatment—Complete rest, cold to the head, low diet, purgatives and an enema; give no stimulants.

Gun-shot Wound of the Chest.—Symptoms—Very great shock, difficulty of breathing, frothy blood, both from the mouth and wound.

Treatment—A low diet, nothing but slops; rest on the wounded side, cold-water dressing, sleeping pills and aperients.

Gun-shot Wound of the Belly.—**Symptoms**—Great collapse, vomiting, and pain; the injury is usually fatal.

Treatment—Let the patient lie on the wounded side, and drink cold water (iced if procurable); allow no diet at first; give two sleeping pills every three hours; no aperient of any kind is permissible, for the longer the bowels remain quiet the better, and apply cold-water dressing to the wound.

HANGING.

Treatment—In such cases cut the body down, and if the neck be not broken, place the patient in cool air. See that the neck and chest are free, dash cold water on the face and chest, open a vein in the temple, and employ the means for restoring suspended animation described under the head of Drowning.

HEAD INJURIES.

Wounds of the scalp should never be neglected, however trivial they may appear to be, as erysipelas is easily set up, and is highly dangerous when it attacks the head.

Treatment—Shave the part and gently but thoroughly cleanse the wound, and bring the edges together with adhesive plaster; use no stitches and

give no stimulants, but trust to cold-water dressing, aperients, and low diet.

CONCUSSION OF THE BRAIN, OR STUNNING.

Causes—This may be due to a fall or a blow from a stick or other weapon.

Symptoms—Insensibility, cold, and pale skin. Vomiting generally precedes recovery.

Treatment—To restore the patient from unconsciousness apply warmth to the feet and use friction, and little else is necessary; put nothing into the mouth, as the patient cannot swallow and might be suffocated; strong smelling-salts may injure by setting up inflammation of the nostrils, and bleeding is not to be thought of. When the patient comes round give an aperient, and low diet and rest are necessary. If there be much pain in the head and feverish symptoms, give

Antimonial wine one drachm,

Epsom salts two drachms,

Water one ounce and a half,

every four hours. Shave the head and keep cold to it. For some time after the injury observe great temperance in diet, and avoid stimulants, over-fatigue and excitement. If giddiness and impairment of any sense follow stunning, blistering fluid behind the ears, douche, change of air, carefully regulated diet, and alterative pills comprise the treatment.

If, after an injury to the head, insensibility, paralysis, and bleeding from the ears and nose are present, they may be due to blood which has been poured out and is pressing on the brain; apply cold to the shaved head, mustard and hot water to the feet. Give an enema, and calomel every four hours, followed by a draught of senna as soon as the patient can swallow.

Should a portion of the skull be fractured and press upon the brain, try and gently pass something under the depressed edges to raise it.

JOINTS, WOUNDS OF.

These cases require careful treatment, for should inflammation be lighted up a joint may soon be destroyed and the limb rendered stiff and useless.

Symptoms—When a joint is opened by a wound, an oily yellowish fluid may escape,—the knee-joint is the one most frequently wounded.

Should inflammation occur from an injury to a joint, great pain, swelling, and fever are present.

Treatment—Keep the limb perfectly quiet and straight, and should the pain not be too acute, apply pasteboard softened in hot water to ensure rest of the part, or a long splint, well padded, fastened above and below the wound. If the patient be full-blooded, use leeches, if obtainable, to the joint; calomel, opium

to allay pain, saline aperients, and cold or warm applications according to the patient's sensations. Poultices containing laudanum or poppy-head fomentations are usually comfortable. In chronic inflammation, blistering fluid near the joint, warm douche, alterative pills to regulate the bowels, good diet, and change of air are advisable. Close wounds of joints with lint dipped in the blood to exclude the air. Allow no movement of the part, and use the long splint before alluded to, taking care not to touch the joint itself with the apparatus.

LIGHTNING.

A person struck by lightning becomes as a rule unconscious and paralysed. The accident may be attended by a burn, loss of hair, or of some special sense.

Treatment—Use the hot bath and artificial respiration (described under Drowning), and if consciousness return give stimulants—brandy or ammonia—and large doses of quinine.

POISONS.

Of the long list of poisons, only those in common use are included.

Treatment—When poison has been swallowed give white vitriol (sulphate of zinc) half a drachm, or blue vitriol (sulphate of copper) one scruple, as an emetic; or if not at hand, a table-spoonful of mustard in a tumbler of warm water; or pice may be put in

warm vinegar and water and the liquor drank. Should a stimulant be necessary give brandy and water.

Acids, Mineral.—Spirit of salt (hydrochloric acid), oil of vitriol (sulphuric acid), aqua fortis (nitric acid), or aqua regia (nitro-hydrochloric acid).

Symptoms—Intense burning pain, difficulty of breathing, vomiting of bloody matter, and faintness.

Treatment—Give chalk in milk, whitening, soapsuds, the plaster of a room, or oil; foment the belly with hot water and afterwards give castor oil.

Alcohol.—When this has been taken in the form of ardent spirits to excess, the symptoms are giddiness, heaviness, inability to stand, followed by stupor, and the breath smells of spirit.

Treatment—Give an emetic of zinc dissolved in a quarter of a pint of tepid water; take off the collar or any article round the neck, see that the chest is clear, raise the head and keep it cool with water in a current of air; apply hot water to the feet, and give ammonia.

Arsenic.—Symptoms—Half an hour to an hour after swallowing the poison, nausea, sickness, and intense burning pain occur; blood is mixed with the vomit and stools, and there are cramps; the symptoms are not unlike those of cholera, and no doubt many cases of arsenical poisoning are wrongly attributed to that disease.

Treatment—Give an emetic at once, scrape off the rust from old iron hoops, &c., mix it with water and let the patient drink, or add ammonia to tincture of iron and give the deposit at the bottom of the glass in warm water, and plenty of gruel, oil, flour, white of egg, or lime-water in milk.

Copper.—Symptoms—Violent vomiting, pain in the abdomen, with purging.

Treatment—Give milk and water, white of eggs or yolks beaten up with sugar, or flour and water, afterwards strong coffee. This kind of poisoning may be caused by using untinned cooking-pots.

Corrosive Sublimate—Vermilion or other Mercurial.—Symptoms—Immediately after taking the poison severe pain is felt, and vomiting of matter mixed with blood, and purging, occur.

Treatment—Give white of egg every ten minutes, with plenty of milk and flour and water.

Datoora.—Symptoms — Giddiness, fainting, picking with the fingers, and the appearance of intoxication, followed by complete insensibility.

Treatment—Give an emetic, turpentine enema, cold douche to the head, warmth to the feet, ten to twenty minims of ammonia, strong tea, and purgative medicine.

Lead.—Symptoms—Vomiting, colicky pain, confined bowels, coldness, and great exhaustion.

Treatment—Epsom salts to thoroughly purge, given with vinegar and water.

Laudanum.—**Symptoms**—Poisoning by opium in any form is attended with snoring breathing, insensibility, cold and clammy skin.

Treatment—Give an emetic, tickle the throat to excite vomiting, dash cold water in the face and pour it on the head, give strong coffee and ammonia, and the patient should be kept constantly on the move by walking him about incessantly.

In all cases of poisoning the remedies should be given at once, as minutes are precious.

RUPTURE

Is the protrusion of a small portion of the bowel out of its natural position.

Causes—Violent exertion, as in lifting heavy weights, straining at stool, &c.

Symptoms—A swelling takes place in the groin, which goes up upon lying down, but standing up or coughing brings it down. It may however get caught and not return, when it is called strangled. From the bowel being obstructed there is no passage downward for the stools, and they may be vomited.

Treatment—Put the patient in a bath, give laudanum thirty minims in water, and make a very gentle attempt to press up the gut while the patient is in the bath, but do not persevere for more than

ten minutes. Should this fail, try freezing mixture and the inhalation of chloroform.

If success attend and the bowel go back, use pressure by pads to keep it in its proper place until a truss can be got. Should all endeavours fail, the point at which the gut is nipped will require to be nicked to set it free. But this should not be attempted by any one except a surgeon, who would take care not to injure the gut, and would make the slight cut, necessary to set free the stricture, upwards.

SNAKE-BITES.

The bites of venomous snakes are very dangerous ; some, that of the cobra for example, are fatal.

Symptoms—Fainting, vomiting, swelling, cold skin, and sometimes convulsions.

Treatment—Cut out boldly the poisoned part and all round it, soak it in hot water, and let it bleed freely, and afterwards apply caustic thoroughly to it, or ammonia, and give fifteen minims of the latter in a glass of brandy and water directly and every quarter of an hour. The patient can be chloroformed while the part is cut out and burnt with caustic or hot iron. If the bite be in a limb, tie it round tightly above the injury as soon as possible.

Should the part be not cut out, the wound should be sucked, scarified or cut across with a knife, and

well rubbed in with ammonia, which is also to be taken internally.

Enough hot brandy and water may be given to intoxicate.

SPRAINS.

Causes—A fall, sudden strain, or jerking movement ; the loins, back, wrist, ankles, &c., may suffer.

Symptoms—Intense pain, fainting, swelling, and inability to use the part.

Treatment—Rest is the main point in all these accidents. If the sprain be very severe a splint is necessary to ensure perfect rest of the joint ; should there be great inflammation, foment with hot water and laudanum or poppy-heads, and apply leeches ; give aperient pills at once, and low diet ; after the pain has subsided, use friction with opodeldoc and ammonia, and put on a flannel bandage for support ; if weakness or stiffness of the injured part remain, apply a blister near it.

For a slight sprain an application of cold water and vinegar, or camphor and olive oil, with rest, will suffice ; a sprained joint should not be used too soon, for fear of lighting up inflammation.

STINGS AND BITES.

Examine the part well, and extract the sting if there.

Treatment—Apply brandy, ammonia, or eau-de-cologne, and give a stimulant; sometimes a drop or two of laudanum relieves, and a bruised onion is a popular application; if swelling be left rub in opodeldoc. This treatment will answer in bites or stings of bugs, spiders, gnats, fleas, bees, and mosquitoes; lime-juice generally gets rid of the irritability, or a paste of carbonate of soda. In stings of scorpions cut the injured part enough to make it bleed, foment it with water as hot as can be borne, and after it has bled freely, rub ammonia into the wound, which medicine also give internally as soon as you can, and repeat every hour.

SUFFOCATION.

Treatment—In apparent death from inhaling noxious vapours, smothering, throttling, &c., expose the body to cool air, dash cold water over the head, face, and chest, and if unsuccessful follow the rules given under Drowning. Should the patient come round, give brandy and water or ammonia, and keep him perfectly quiet. In choking, make an attempt to extract with forceps, turn the person upside down and slap the back pretty hard. If any one should be found in a state of starvation, wrap him up warm, and give thin gruel with a little brandy in it, in tea-spoonfuls at a time.

WOUNDS.

Contused Wounds.—Causes—Kicks, blows, falls, &c.

Symptoms — Dull sickening pain, swelling, discoloration in greater degree than in ordinary bruises, and sometimes crushing of parts.

Treatment—Warm poultices, lint dipped in oil, hot poppy-head fomentations, or if the blow be on the head, testicle, or bosom, cold applications ; when great depression and faintness are present, brandy or ammonia ; and if fever set in, aperients and low diet.

Incised Wounds—*See* Cuts.

Lacerated or Ragged Wounds—When parts are torn, bitten, or gored by animals, and the injury is extensive, one fear is that, like badly contused wounds, they may slough. The pain of these wounds is severe, but they bleed little.

Treatment—Use warm dressings, cleanse the part thoroughly. Keep it quiet and protected from the air. Give aperient medicine, plain diet, not too low, and sleeping pills to calm the system and prevent locked jaw.

Punctured Wounds or stabs are extremely dangerous, and like the preceding may be followed by locked jaw or by inflammation and abscess, and sometimes there is internal bleeding.

Treatment—At first use cold applications, but quickly change them for warm if the former feel uncomfortable, or if fever occur, and the part throb ;

preserve perfect rest, give stimulants if the patient seem low, and strong soup. Pressure can be tried if a vessel seem to be wounded, and opium in all severe wounds is a most important medicine. A sleeping pill can be given two or three times daily to an adult.

In slight injuries by a thorn, splinter, &c., try to extract, or matter is almost sure to form.

CHAPTER IV.

HINTS FOR THE PREVENTION OF DISEASE.

In consequence of great solar heat, malaria, and other causes of debility, climatic and otherwise, the health of Europeans in India is usually below the standard at home ; additional care is therefore necessary to keep in fair average condition, and the mode of life requires to be adapted to the altered circumstances. The increased caution which it is advisable for all in this country to adopt is more particularly needed in the case of those who, in the performance of duty, may have to reside in unhealthy localities, or may be exposed to other risks.

Diet.—Practise moderation in the use both of animal food and of alcoholic drinks, since much of the liver and bowel disorder which is so fatally prevalent is unquestionably due to excess, more especially in regard to the latter, to which also many cases of sunstroke may justly be attributed. The diet should contain a large proportion of farinaceous and vegetable food, the latter being very important, because scurvy is common, with which dysentery is frequently associated. Europeans for the most part rise early, and take active exercise upon an empty stomach, waiting some hours for breakfast;

this is a bad habit, for it weakens the stomach and renders those exposed to the slanting rays (so peculiarly dangerous) of the morning sun, when in a fasting state, more liable to be knocked over by it.

Either make the breakfast hour earlier, or at all events take a snack before going out for exercise or in the course of duty. The *chota hazree* is a good institution, comprising tea or coffee with plenty of milk, bread and butter, fruit, &c. One pint of fresh milk is a capital early morning drink. Here it may be as well to observe that milk in the districts is often bad from foul feeding of cattle, or injurious from poisonous plants they may eat in the jungle ; the best plan is to keep one's own animals and mind that they are tethered. This is worth attention where children are concerned.

If the principle of the *chota hazree* be carried out, the *burra hazree* can then be at midday, and tiffin be dispensed with. Should this however be inconvenient, take an early breakfast and make the chief meal of the day at three o'clock or so. Two substantial meals a day are, as a rule, enough. So essential are vegetables and fruit for the preservation of health that any expense or inconvenience should be incurred to procure them, and few days ought to pass by without lime-juice being taken. Bear in mind in arranging all matters of diet that the digestion is weaker in India than in Europe.

Water.—The quality of the drinking water is a point requiring careful consideration, since many diseases are due to bad water; cholera, dysentery, and diarrhoea have all been traced to it; and guinea-worm also to bad water used either for drinking or bathing purposes. Deep well water fed by a spring and covered in, is altogether the safest kind, if the well be at a distance from any nuisances by men or cattle, which might filter through the soil and contaminate the water. But as, in spite of the utmost care in selecting water (if there be choice), it may still contain many impurities, filter all drinking-water, and those proceeding into the districts are advised to carry a filter with them. The “magnetic” filter is a good one,—it is portable and will stand a little rough work. In the absence of a filter let the water percolate through sand and charcoal, the latter being exposed occasionally to the sun. If there be great doubt regarding the quality of the water, it is better to boil it and add ten grains of alum to the gallon to purify it.

Thirst.—Lemonade, tamarind whey, and “Imperial” are wholesome and grateful drinks to relieve thirst in the hot weather. Directions for making them will be found in the first Chapter. Ginger-beer is an excellent stomachic; lemon-juice is not only invaluable for preventing scurvy, but is also particularly useful to allay thirst, and tamarind-water or whey, and “Imperial” are both cooling drinks when there is a

feeling of feverishness, and at the same time act gently on the bowels. A gazogene is a very useful addition to the stores, and in the absence of soda-water will supply a refreshing beverage. Powders to make the draught are procurable at Chemists'.

Alcohol.—In the hot as in all seasons, the practice of frequent “pegging” is bad, and is only mentioned to condemn it. A little weak brandy and water is sometimes useful to help feeble digestion. Beer is generally ill-borne, except by those who lead very active out-door lives. Numerous cases of liver owe their origin to the habit of drinking malt liquor. Clarets, hocks, and champagne in moderation are the best alcoholic drinks for India, and ginger wine and aërated water is a good drink for ladies, and is by no means to be despised by any, especially if their stomachs are weak.

Exercise.—Daily exercise is essential to health. The best form of all is horse exercise, as it shakes up the liver and bowels, and keeps them active. Ladies, who, as a rule, take far too little exercise, will generally derive benefit from horse exercise.

Persons in India may go in for exercise almost as much as at home, if care be taken to choose the time well, and to guard against the sun. Most district officers get quite enough exercise in the way of duty, if not they should take it for sake of health only, and

get into the way of practising every morning with the dumb-bells.

Clothing.—Protect the head, back, and stomach by suitable covering from the sun, and since in India the range of temperature is very considerable, adopt precautions against chills. Fine gauze flannel, and woollen textures or fabrics with which they are interwoven, are the best for the tropics. The cork solar topie, ash-coloured, with a chin-strap, is a good one. Wear a white pugree, and let it come down well over the neck, and when much exposed to the sun put a plantain-leaf inside the hat, coming out at the back of it to guard the neck, and wear a kummerbund. Persons usually dread the mid-day sun. But the slanting rays are really more difficult to keep off than the perpendicular. Suits of light brown khakee (loose trousers and coat with stand-up collar), or light flannel suits, are good wear for district life.

Bathing as a daily habit is even more necessary than in England, and is highly important as a salutary agent in a climate where the skin acts so freely as in India. As a general rule the tepid bath is the safest kind, pouring cold water from a chatty on the head. If a bath be taken in the evening, warm water is very useful both to cleanse by opening the pores of the skin, and to soothe after the day's fatigue through brain or muscle work. It is beneficial also in fevers and calms nervous irritability.

Cleanliness.—For cleanliness soap and warm water are of course requisite, and use plenty of friction after bathing, more especially of the chest and over the liver, which parts may with advantage be sluiced with cold water and well rubbed after, a good plan also in the case of young children.

Sleep.—Early to bed and early to rise is good advice to those in India; and in the districts, where excitement in the shape of social gatherings, &c., is not the order of the day, is practicable enough. Should there be much restlessness at night and sleep be unsound, try a warm bath at bed-time for a few evenings to compose the nerves, and always sleep with a fair amount of covering, especially over the loins.

Ventilation.—Good ventilation, everywhere essential, is doubly so in India, particularly at night. The bed-room windows or tent kanauts to leeward should be left open, and also sufficiently so to windward to ensure free circulation of air, but it does not answer to have the night air blowing right on to the body, especially in malarious districts; severe rheumatism and fever may be thus set up.

Marching.—When moving from point to point in the districts on tours of inspection, travel in the early morning; from break of day to half-past eight or nine are the best hours for the journey. Make a light meal before starting,—hot coffee, an egg or two,

and bread and butter. Avoid marching at sunset, when the ground has become thoroughly heated by the sun, and the heat, dust, and glare combined may injure the eyes. The hottest hour of the day is about 3 P.M. Officials going on duty into the districts should not start until two full months after the rains.

Encamping.—In choosing a site for residence or ground for encamping, take care that it be well raised and dry, with a fall from it on all sides, so that good natural drainage be ensured, near cultivated ground with trees to windward, and clear of all rank vegetation. When tents are pitched for a few weeks' stay, strike them every third day, and give orders that the soil be disturbed as little as possible. During the day let all the kanauts of the sleeping tent be raised, and at night those to leeward can remain partially up, unless it be too cold. Mind that horses and cattle are picqueted to leeward. Allow no refuse water to be thrown anywhere near the tents.

Sewage.—The dry earth plan is allowed to be the most cleanly and wholesome mode of conservancy. Have a hole dug under the necessary tent to leeward, and after each visit throw in sufficient earth to cover all up.

Malaria.—Its nature is unknown, but there are certain facts connected with its production which are generally admitted. It is generated where great heat acts upon a soil previously rendered moist by rain,

and is evolved when evaporation takes place from the surface of the earth in the process of drying, and the quicker the process the worse the poison ; therefore malaria abounds after the rains.

It selects a low in preference to a high level, its tendency is earthward, although it may drift up to great heights ; it was formerly supposed to depend upon solar heat, acting upon decaying vegetable matter, but this is rather the exception than the rule. It more frequently infests a sandy soil, with damp subsoil, where vegetation is absent, and ravines where the air is shut in ; it may be carried by the wind from place to place ; it exerts its greatest power at night time ; it is attracted by water and foliage, so if a district be malarious, common sense would arrange that one or other, or better both, should intervene between the poison and the site chosen as a residence. Since living in India brings about a low state, increased care is necessary to guard against disease, and in none more than in those due to malaria. Meet alternations of temperature with proper clothing ; avoid damp, also night air—when cold and moisture are usually conjoined, and over-fatigue of mind or body ; use liberal diet, and quinine in one grain doses daily in malarious districts. Cultivation of the soil is the antidote to malaria.

The poison of malaria depresses in a most remarkable degree, and is at the bottom of much of the disease met with in the tropics.

Climate.—When the nervous system is becoming unstrung through residence in a tropical climate, some of the earlier symptoms are headache, sleeplessness, irritability, bad spirits, and loss of appetite ; if these continue, go away if possible for a time, and change both air and scene. Endeavour to get a yearly change to the hills. This may seem in the case of many something like the advice of the lady to the sick poor : “ Take turtle soup and champagne.” Still it is well to know that the change is true economy of health, and through the latter of pocket,—since by taking it the change home may be deferred. Let a man who once feels really unhinged grind on in the same part of the country, and he is almost certain to pay for it in health ; sticking to work may be carried too far.

Furlough.—When there is evidence of a complete break-down from climate, overwork, or other cause, at once take furlough or leave on sick certificate, but it is wiser not to wait for decided disease, rather to consider the change home more as a means for preventing sickness than for curing it. In the case of European children they certainly ought not to remain in the plains of India after five.

Overwork.—Undoubtedly some overwork the brain and weaken health by doing so, but there is not very much overwork of this kind in India ;

where one over-does it, two under-do it. Mental occupation is one great means for preserving health. Body and mind as a rule are both worked too little, the former gets lazy and the latter lies fallow. Bad as overwork may be, underwork is worse.

Signs of Sickness.—In addition to the signs of loss of tone mentioned above, a few general symptoms are now noted which call for attention. Never neglect looseness of the bowels ; directly there is the slightest approach to it, give up the water, regulate the diet, and adopt the treatment for diarrhoea.

If the skin become dry, more especially in the hot season, avoid all exposure to the sun, and take warm baths and remedies to cause perspiration.

Although giddiness often arises from weakness or indigestion, still it may be a warning of apoplexy, so do not treat it lightly. Languor, yawning, sleeplessness, dull pains in the limbs, and particularly high-coloured urine, may be signs of approaching fever. Take quinine, and most likely an attack will be averted ; and the same symptoms, with loss of appetite, a brownish tongue and a bad taste in the mouth, sickness at stomach, a dry cough, shooting pain in the shoulder, and deranged bowels in addition, point to liver derangement, which an alterative pill for a few nights, and quinine and aqua regia may keep off, and kreat with the same acid is a good daily tonic for such cases. One of the chief

signs of impaired health from tropical life is loss of weight.

As the small-pox is often prevalent in the districts, lose no opportunity of vaccinating babies early, or of re-vaccinating others if necessary.

Disinfectants.—Pure air, so important in everyday life, becomes still more so in time of sickness. In the tropics, where decomposition proceeds rapidly, take early measures for destroying all the germs of disease floating about in the air, by disinfectants, and in cases of cholera bury all evacuations at once along with disinfectants; carbolic acid is about the most useful disinfectant to carry into the districts. Use one part of acid to fifty of water for sprinkling the floor with, or for throwing into the bed-pans, &c. It is also an excellent application to ulcers. Condyl's fluid is a good disinfectant, and is useful to purify bad water (two to four drops to one gallon, increased to ten drops if the water seem very impure; it should be well stirred, and left 24 hours to settle) and tainted meats. If a disinfectant on a large scale be wanted in case of epidemic cholera, green vitriol (sulphate of iron), the native name of which is *Hiracus*, can be buried with the stools.

Although it is not for a moment intended that this book should be regarded as a substitute for

medical advice when a Doctor is by any means procurable, still it is hoped that in the absence of oral instruction these written hints may be of some service.

Undoubtedly a medicine chest should be taken by all who remain in the districts for any time, because even though they can occasionally procure a Doctor, he will probably not have medicine with him. In conclusion the author would observe that every official moving about will find many opportunities of advising and treating the native sick, both in his own camp and in the towns or villages near which he may be encamped.

Medical missionary work is much wanted in India, and it would prove no contemptible pioneer for other missionary work.

BURROUGHS, WELLCOME & CO

LIBRARY

No.

INDEX.

	PAGE		PAGE
Abrasions	106	Bone, broken	124
Abscess	37	Bosom, inflamed	90
Accidents	117	Bowel disorder.....	62
Acidity	83	Brain, inflammation of.....	85
Acids, poisoning by	133	Breast, discases of	90
Ague	38	Breast-pang	45
Ague Cake	40	Broken Bone.....	124
Alcohol	133, 144	Bronchitis.....	46
Ankle, dislocated	123	Brow Ague	40
Apoplexy	40	Bruises	118
Appetite, loss of	84	Bubo	38
Arm, broken	127	Burns	119
Arsenic poisoning.....	133		
Artery, bleeding from	117	Carbuncle	44
Artificial respiration	123	Catarrh	48
Asthma	41	Chafing	106
		Chalk-stones	77
Bad Eyes	73	Change of air.....	149
Bandages	125	Chest, gunshot wound of... 128	
Bath, acid	7	„ inflammation of.....	94
Bathing	145	Choking.....	138
Belly, gunshot wound of ... 129		Cholera	48
Bile	91	Chronic Abscess	38
Bilious attack	92	Cleanliness	146
Bites, Animal..... 81, 139		Climate	149
„ Insect..... 137		Clothing	145
„ Snake	136	Cold	48
Bladder	78	Colic	50
Bleeding from Artery	117	Collar-bone, broken	126
„ Lungs	53	Compound Fracture.....	125
„ Nose..... 100		Compression of Brain	131
„ Piles	101	Concussion of Brain	130
„ Womb	89	Congestion of Liver	91
Blistering	8	Constipation	51
Blood-letting.....	43	Consumption.....	52
Blood-vessels, wounds' of... 117		Contusion	138
Bloody flux	65	Convulsions	54, 88
Blows.....	138	Copper poisoning	134
Boils	44		

	PAGE
Corrosive sublimate poisoning	134
Costiveness	51
Cough.....	54
„ Hooping	55
Coup de soleil	110
Cramp	56
Cross-birth	88
Croup	56
Cuts	120
Datoora poisoning	134
Deafness	68
Debility.....	58
Delirium tremens.....	59
Dengue	61
Diarrhœa	62
Diet	141
Diphtheria	64
Disinfectants	151
Dislocation	121
Dizziness	83
Dropsy	86
Drowning	123
Drunkenness.....	84, 133
Dysentery.....	65
Ear-ache	67
Elbow, dislocated.....	122
Emaciation.....	52, 62
Encamping	147
Epilepsy	68
Eruptions	111
Erysipelas	70
Excoriations	106
Exercise.....	144
Eye, diseases of	71
Face-ache	99
Fainting	73
Falls	138
False croup	58
„ pains	87
Fever, intermittent.....	38
„ remittent	74

	PAGE
Fever of children	75
Filter.....	143
Finger, dislocated	122
Fits	54
Flatulence.....	82
Flooding	89
Forearm, broken	127
Fracture	124
Freezing mixture	24, 30
Furlough	149
Gall-stones	93
Gathering	37
Gazogene	144
Giddiness	74, 83
Glass, cuts by	120
Gleet	114
Gonorrhœa	113
Goring	139
Gout	76
Gravel	78
Green sickness.....	98
Guinea-worm	78
Gum-boil	38
Gunshot wounds	128
Half-headache	40
Hanging	129
Headache	79
Head, injuries of.....	129
Heart-burn	83
„ disease	86
Heat apoplexy	110
Hectic fever	53
Hernia	135
Hiccup	83
Hip, dislocated.....	122
Hoarseness.....	23, 96
Hooping-cough	55
Hydrophobia ..	81
Hypochondriasis	83
Hysteria	81

	PAGE
Incised wound	139
Indigestion	82
Inflammation	85
Injuries of head	129
Insanity	86
Insect bites, &c.	138
Intermittent fever	38
Itch	107
Jaundice	92
Jaw, dislocated.....	121
Joints, dislocated	121
„ wounds of.....	131
Kicks.....	138
Kidneys	78
Labour	86
Lacerated wound.....	139
Laudanum poisoning	135
Lead colic.....	50
„ poisoning.....	134
Leech bites	57
Leg, broken	128
Lightning, injuries by ...	132
Liver, inflammation of ...	92
Locked jaw	94
Looseness of bowels	62
Low spirits	83
Lumbago	105
Lungs, inflammation of ...	94
Malaria	147
Marching	146
Measles.....	96
Menstruation	97
Mental work	149
Milk abscess.....	90
„ fever.....	90
Miscarriage	87
Morning sickness.....	86
Mosquitoes, bites of.....	138
Mouth, sore	112
Mumps	98

	PAGE
Nausea	83
Nettle-rash	107
Neuralgia	99
Night blindness	105
„ swcats	53
Nipples, sore	91
Nose-bleeding	100
Occupation	150
Ophthalmia	72
Opium poisoning	135
Overwork	149
Palpitation	83, 100
Perspiration, profuse	53
Piles	101
Pleurisy	95
Poisons	132
Poultice, mustard	46
Prickly heat.....	106
Proud flesh	113
Punctured wounds	139
Purging.....	62
Quinsy	102
Ragged wounds	139
Red gum	111
Remittent fever	74
Residence	147
Retention of urine	113
Rheumatism	103
Ribs, fractured.....	126
Ringworm.....	106
Round worms	115
Rupture.....	135
Salivation	9
Scald head	107
Scalds	119
Scalp wounds	129
Sciatica.....	99
Scorpion stings	138
Scrofulous ophthalmia ...	73
Scurvy	105

	PAGE		PAGE
Serpents, poisons of.....	136	Thread-worm	115
Sewage	147	Throat, sore	102
Shoulder dislocated.....	122	,, swabbing of.....	64
Sick headache	79	Thrush	111
Sickness	83	Tic douloureux	99
,, signs of.....	150	Tooth-ache	99
Skin diseases	106	Tonsils, relaxed	4
Skull, injured	131	Torpid liver	13
Sleep	146	Truss	136
Sleeplessness	84		
Small-pox	108	Uleers	112
Smoking datoora	42	Urethra, discharge from...	113
Snake bites	136	Urine, retained.....	113
Sore ears	68	Uvula, relaxed	54
,, nipples	91		
,, throat	102	Vaccination	110, 151
Spasms	56	Veins, wounds of	117
Spiders, bites of	138	Ventilation	146
Spitting of blood	53	Vomiting	83
Spleen, enlarged	40		
Splinters	140	Wasting	21, 75
Splints	125	Water-brash	84
Spongy gums.....	67, 105	Weak eyes.....	73
Sprains	137	,, joints	137
Stabs.....	139	Weakness	58
Starvation.....	138	Weaning	114
Stings	137	Whites	98
Stomach, cramp of	56	Whitlow.....	38
Stricture	113	Wind	82
Stunning	130	Windpipe, inflammation of.	56
Stuping.....	35	Womb, inflammation of ...	88
Stye	45	Worms	115
Suffocation	138	Wounds, Blood-vessel	117
Sunstroke	110	,, Contused	138
		,, Gunshot.....	128
Tape-worm	115	,, Incised	120
Teething	111	,, Joints.....	131
Testicle, hurt	139	,, Lacerated.....	139
Thigh, broken	127	,, Punctured.....	139
Thirst	143	,, Ragged	139
Thorns	140	,, Scalp	129

(Faint handwritten text, possibly bleed-through from the reverse side of the page)

BURROUGHS, WELLCOME & CO.

LIBRARY

No.

